



## Who else you should tell?

It is up to you who you tell about your child's epilepsy, but anyone caring for your child needs to know what to expect if your child has a seizure when in their care. This may include clubs, youth groups and other activities.

They should be told how to recognise the onset of your child's seizure, and how to deal with it. They should also be made aware of possible triggers. Giving them a copy of your child's seizure description chart would be especially useful if they have never seen your child have a seizure before. If they feel confident that they know how to deal with the situation, it is less likely that your child will be excluded from activities and invitations.

Depending on the age of your child, it will give you enormous peace of mind if you know that your child's close friends all know about the sort of seizures your child has, and how to deal with them. Discuss with your child who you think should be told, and in what way they should be informed.

You can provide close friends with books and leaflets and information specific to your child's management. If it is decided that the whole class should know more about epilepsy, there are teaching resources available for use in the classroom, or your child might like to talk about the subject to their peers. If you feel it is appropriate, an epilepsy specialist nurse could visit your child's school and give the class and/or teachers information on epilepsy. By making those around your child feel confident, your child is likely to feel less scared of the consequences of having a seizure – see Section 9.

## Travelling with your child

There are no reasons why you should not travel with your child in exactly the same way as with other children, although it is important that you think about taking the following precautions:

- Before you leave for a holiday make sure your holiday insurance covers emergency medical treatment for your child's epilepsy. Advice can be sought from Epilepsy Action ([www.epilepsy.org.uk](http://www.epilepsy.org.uk)) and the National Society for Epilepsy ([www.epilepsysociety.org.uk](http://www.epilepsysociety.org.uk)).
- If your child has been prescribed emergency medication (also known as rescue medication) for prolonged seizures, check the expiry date and have it with you at all times.
- If you are travelling by plane, you should take your child's medication in your hand luggage in case your luggage is lost or delayed. If your child has medication in liquid form, it may be worth checking with the airline regarding the rules about taking liquids on board a plane.

- As the names of drugs vary in different countries, the medication should be taken in its original packaging, and you should be aware of the scientific (generic) name.
- Take extra medication in case your return journey is delayed.
- Give your child their medication at regular intervals and make gradual adjustments to the time difference of the country you are visiting.
- Carry a doctor's letter with details of your child's condition, and the medication that they take (preferably translated into the language of the country you are visiting).
- Avoid letting your child become overtired or dehydrated from the travelling and the heat.
- If your child is going to be away from you for any periods during the holiday, an SOS bracelet or tag, with details of their medical condition would be a good idea. This may be something you would want to consider anyway.
- If your child is going to be staying up late at night, encourage them to have a sleep during the day to avoid overtiredness.

'The Traveller's Handbook for People with Epilepsy', produced by the International Bureau for Epilepsy (IBE) has useful information and epilepsy First Aid instructions translated into 13 languages. These can be downloaded from [www.ibe-epilepsy.org/publications/travellers-handbook](http://www.ibe-epilepsy.org/publications/travellers-handbook)