

The card is free to order, but if you want to print it yourself use A4 paper and the image will be credit-card sized.

**I have multiple sclerosis.**

**I need:**



to use the  
toilet urgently



wheelchair  
access

**Thank you**



**I have multiple sclerosis.**

**It can affect how I walk or talk.**



I need to  
sit down



I might find it  
hard to talk.

**Thank you**



MS Helpline  
**0800 800 8000**