

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:**

**MS Society**

**WC** to use the toilet urgently

 wheelchair access

**Thank you**

MS Helpline  
0808 800 8000

**I have multiple sclerosis.**  
It can affect how I walk or talk.

 I may not speak clearly

 I need to sit down

**Thank you**