

Why do I act this way? Because I can't control it.

Much of the stigma that surrounds Tourette Syndrome (TS) and Tic Disorders comes from misunderstanding. These cards may help you explain the effects of Tourette Syndrome and Tic Disorders. Below you will find the original copy, as well as an updated resource to use during the COVID-19 pandemic.



New: COVID-19 Resource

Why do I act this way? Because I can't control it.

I have **Tourette Syndrome or a Tic Disorder** – a medical condition. It causes me to make loud sounds, have twitches or say things I don't mean. Please understand that this is a medical condition and I cannot control my tics. Treatment for Tourette and tics is limited and there is no cure. I am grateful for your understanding and empathy.

My condition is covered by the American Disabilities Act. Visit Tourette.org to learn more.



Why do I act this way? Because I can't control it.

I have **Tourette Syndrome or a Tic Disorder** – a medical condition. It causes me to cough, sniffle, or clear my throat even though I am not sick. Please understand that this is a medical condition and I cannot control my tics. Treatment for Tourette and tics is limited and there is no cure. I am grateful for your understanding and empathy.

My condition is covered by the American Disabilities Act. Visit Tourette.org to learn more.



Fold
Here

Medical Information Card

(name optional)

Tourette Syndrome (TS) is part of a spectrum of hereditary, childhood-onset, neurodevelopmental conditions referred to as Tic Disorders. These conditions affect both children and adults, causing them to make sudden, uncontrollable movements and/or sounds called tics. More than annoying, TS and tics can be emotionally, physically, and socially debilitating.

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