Emergency cards

Cut out the cards, fill them in, and put the fridge card on the fridge and the wallet card in your wallet.

IN AN EMERGENCY

For _____

Date of birth _____

Conditions _____

Allergies _____

Hospital preference _____

Medical decision-maker _____

Their phone _____

Caregiver _____

Caregiver phone _____

Medication list: in the binder, kept _____

Fill in the fridge card and stick it on the fridge where EMTs look for emergency information.

The caregiver's wallet card

This one is about you. If you're ever hurt or unconscious, it tells a stranger that someone at home depends on you. One for your wallet, and a spare for the car.

IF I'M HURT OR CAN'T RESPOND

Someone at home depends on me.

Call _____

Backup _____

The binder with everything they need is:

_____

IF I'M HURT OR CAN'T RESPOND

Someone at home depends on me.

Call _____

Backup _____

The binder with everything they need is:

_____