

Emergency Information Sheet Directions

This sheet is designed to speak for you when you cannot speak for yourself. The pocket contains important medical information that can assist emergency personnel in administering the proper medical treatment when they respond to a call to your home.

Follow these 2 simple steps

1. Fill out the Emergency Information form



The form is titled "EMERGENCY CONTACT AND CURRENT MEDICATION INFORMATION". It includes sections for "PATIENT INFORMATION", "EMERGENCY CONTACTS", and "MEDICAL CONDITIONS". The medical conditions section has checkboxes for various ailments such as Heart, Diabetes, High Blood Pressure, and others.

- Make additional copies for future updating
- Fill out completely- and DATE it
- Update at least ONCE A YEAR or as your medications or other information changes
- Additional documents to add: copy of Living Will POLST, or Advanced Medical Directive, most recent EKG, recent picture of yourself.



2. Place the papers inside the vinyl pocket and on the OUTSIDE DOOR of your refrigerator.

If you have a refrigerator surface where magnets do not stick, use stick on Velcro or double stick tape to attach
Use the clear pocket on the front for:

- Your Doctor's business card
- Emergency Contact information
- or a photo of you to assist with identification



If rescue workers come into your house, they will find all the important information you provided right on your refrigerator door and be able to help you much more quickly and efficiently.

*** This is especially important if you live alone or cannot communicate well ***

Some people place additional Emergency Information forms in the glove compartment of their car or in a wallet in case of accident.

Be sure to update all information- especially medications frequently with changes

Emergency Information form compliments of



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