If something happens, start here.

For paramedics, neighbours and family. Keep it on the fridge.

Lifelong.

Name _____ Born _____ Speaks _____

Allergies _____

Conditions _____

Medicines taken now

Everything: prescriptions, vitamins, drops, creams, and anything bought off the shelf.

MEDICINE AND STRENGTH	HOW MUCH, WHEN	WHAT IT'S FOR

Call first

Name _____ Phone _____

Name _____ Phone _____

Doctor and pharmacy

Doctor _____ Phone _____

Pharmacy _____ Phone _____

Where the papers are (POLST, advance directive, insurance card) _____ Updated _____

Family: keep a copy on your phone.

The fridge is here. You might not be. Scan to make the same list on your phone, so it's with you at the emergency room too.

trylifelong.com/meds

A free sheet from Lifelong, the family health company. Ask a pharmacist or doctor to check the list. In an emergency, call 911.