

In an emergency

Please call the people below. This page was filled in by hand and may be out of date.

WHO THIS IS

Full name and date of birth.

MEDICINES

The names, roughly the doses, and which ones are taken in the morning.

ALLERGIES, AND WHAT HAPPENED

Include anesthetic and contrast dye if either has ever caused trouble.

ADVANCE DIRECTIVE

Whether there's one, where it's kept, and who already has a copy.

WHO TO CALL

Name, how they're related, and a number that works today. Put the doctor or the practice on the last line.

Filled in on _____

nestbound.app/emergency-sheet