

Emergency Medical Contact Card

One per household member. Keep in wallet, glovebox, and on the fridge. Update at every doctor visit.

In an emergency, every paramedic asks the same first three questions: What medications do you take? What allergies do you have? What conditions should we know about? Having this written down — especially for elderly parents and children — collapses the first critical 60 seconds of care. Includes a pull-tab for the fridge magnet card.

EMERGENCY MEDICAL CARD
Name: _____
DOB: ____ / ____ / ____ Sex: ____
Blood type: ____ Weight: ____ lb / kg
Allergies (CRITICAL): _____ _____
Medications (drug + dose + frequency): _____ _____ _____
Conditions: _____ _____
Physician: _____ Ph: _____
Emergency contact: _____
Phone: _____ Relation: _____
Health insurance: _____
Member ID: _____ Group: _____

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