

EMERGENCY CONTACTS CARD

Keep this on your fridge and one in your wallet. Update often.

Personal Information

Name: _____

Address: _____

Date of Birth: _____ NHS/ID No: _____

Medical Conditions / Allergies: _____

Primary Caregiver: _____ Phone: _____

Key Contacts

Emergency Services (999): _____

Nearest Hospital: _____ Phone: _____

GP / Doctor: _____ Phone: _____

Pharmacy: _____ Phone: _____

Neighbour / Next of Kin: _____ Phone: _____

Care Agency (if any): _____ Phone: _____

Medications (Name — Dose — Time)

1. _____

2. _____

3. _____

4. _____

Other Important Information

Preferred Pharmacy / Delivery: _____

Spare Key Location: _____

Mobility Aids: _____ Care Plan: _____

Keep one copy in your wallet and another on your fridge. Review & update every 6 months.