

Your medicines, allergies, conditions, the two people to call and who takes care of the pets, on one card that folds to the size of your driver's license. **Fill it in, cut it out, fold it, put it in your wallet.** Check off each step you clear for a ticket.

CUT ON THE SOLID LINE

FOLD ON THE DASHED LINES

IN CASE OF EMERGENCY

Front

MY NAME _____

1 CALL _____ PHONE _____
THEY'RE MY _____

2 CALL _____ PHONE _____
THEY'RE MY _____

Unfold for my medicines, allergies and pets at home

MY MEDICINES

Name and strength as the label says.
Over-the-counter and supplements too.

NAME AND STRENGTH	HOW MUCH	WHEN
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
PHARMACY _____	PHONE _____	

ALLERGIES

Medicines, food, anything else

CONDITIONS

Just the name

UPDATED ON _____

PETS AT HOME

Back

HOW MANY AND WHAT KIND (like "3 dogs")

WHO HAS A KEY _____

THEIR PHONE _____

If I can't get home, please call them so my pets are taken care of.

1 YOUR MEDICINES

CLEAR ☐

Copy the **name and strength straight off the label**, then how much and when. Over-the-counter medicines, vitamins and supplements count too. Add your pharmacy's phone.

2 ALLERGIES

CLEAR ☐

Medicines, food and anything else. **"None"** is an answer, so write it.

3 CONDITIONS

CLEAR ☐

Just the name. The card doesn't need to explain it.

4 TWO PEOPLE TO CALL

CLEAR ☐

Name, phone and who they are to you. **Tell them they're on your card.**

5 PETS AT HOME

CLEAR ☐

How many and what kind, plus **someone who has a key**. No pets? Put who has a key anyway, and write "no pets" so nobody goes looking.

WHERE THE COPIES GO

One in your wallet, one at home. That's straight from MedlinePlus. The CDC also says to share a copy with a family member or friend you trust, so hand one to the person on line 1.

KEEP OFF THE CARD

Your Social Security number. USA.gov says not to carry your Social Security card in your wallet, so it doesn't belong on a card that lives there either.

PRINTED AT THE RIGHT SIZE?

That bracket is 3.37 inches, the width of a credit card or driver's license. If your card is wider or narrower, print again at 100% or "Actual size".

STEPS CLEARED _____ / 5

One ticket per step. A new medicine means a new card, so print a fresh one and write the new date.

Fold it like a fan: back on the first dashed line, forward on the second, back on the third. The front and the pets side end up on the outside.