

MEDICAL ALERT INFORMATION

NAME:
ADDRESS:
.....
POSTCODE: BLOOD GROUP IF KNOWN.....
DOB:..... NAT INS. No.....
PHONE MOB: HOME.....

NOTIFY IN EMERGENCY

NAME:..... RELATIONSHIP.....
NAME:..... RELATIONSHIP.....
CONTACT DETAILS:.....
OTHER INFO:

KEY INFORMATION:

MEDICAL CONDITION 1.....
MEDICAL CONDITION 2.....
MEDICAL CONDITION 3.....
MEDICAL CONDITION 4.....
OTHER CONDITION/ISSUES.....
MEDICATIONS:
.....
.....
ALLERGIES:.....
.....
.....
GP DETAILS:.....

I AM ON THE AUTISTIC SPECTRUM

I HAVE DIFFERENCES WITH :
.....
.....
I NEED YOU TO KNOW THAT:.....
1.....
2.....
3.....
4.....
ANYTHING ELSE?.....
.....

TIPS

All basic key medical information should be on NHS digital records.

This emergency measure alert card can be printed but ideally keep this on your 'phone as well. You can keep medical ID also on your health app on your 'phone

Blood types should be checked at the hospital. If you know you have a rare type please add in other conditions/issues

If you are not a formal carer but still a carer this might be useful for you to keep as well

Please take care of personal data

Your might want to keep your latest prescription with this card

Hospital passports are also available from other resources

