

# MEDICAL INFO PER PERSON

One sheet per person. Keep a copy in the grab bag so others can help if you can't explain.

## PERSON

|             |               |            |
|-------------|---------------|------------|
| Full name   | Date of birth | NHS number |
| Next of kin | Their phone   | GP surgery |

## CONDITIONS

|           |                                       |
|-----------|---------------------------------------|
| Condition | Notes – what helps, what to watch for |
|-----------|---------------------------------------|

## MEDICATION

|          |      |      |                 |
|----------|------|------|-----------------|
| Medicine | Dose | When | Supply runs out |
|----------|------|------|-----------------|

Ask your GP or pharmacist about keeping a few days' spare. The NHS App can reorder repeat prescriptions.

## ALLERGIES

|             |          |                                             |
|-------------|----------|---------------------------------------------|
| Allergic to | Reaction | Treatment (e.g. auto-injector – where kept) |
|-------------|----------|---------------------------------------------|

## NEEDS & AIDS

☐ Glasses ☐ Hearing aid ☐ Mobility aid ☐ Powered equipment ☐ Dietary needs ☐ Other

Details – spares, batteries, chargers, where kept

**Why the numbers are here:** medics need your date of birth and NHS number to find your records fast. Keep this sheet in a sealed envelope in the bag. **Message in a Bottle:** a free Lions Club pot for your fridge, holding medical details that paramedics know to look for.

**Priority Services Register:** if anyone relies on power or water for health reasons, register free with your electricity network and water company. ☐ Electricity ☐ Water

