

## In Case of Emergency: My Personal and Health Information

Keep this information sheet on your refrigerator. It should be visible and accessible. Share it with family members and trusted friends. Update it twice a year.

Personal Information	
<b>Full Name</b>	
<b>Date of Birth</b>	
<b>Address</b> (include the phonetic spelling of the address and nearby landmarks, such as intersection, school or library)	
<b>Emergency Contacts</b> (name, relationship, and phone number; include multiple contacts if possible)	

Medical Information	
<b>Health Conditions</b> (chronic illnesses such as diabetes, asthma, or hypertension; past surgeries or significant medical history)	
<b>Allergies</b> (medications, foods, or other substances)	
<b>Medications</b> (list of current medications, including dosages and schedules)	
<b>Blood Type</b>	
<b>Medical Devices</b> (details of any implanted devices such as pacemaker, insulin pump)	
<b>Immunization Records</b> (vaccinations, tetanus, flu, or COVID-19)	
<b>Primary Physician</b> (name, phone number, and hospital)	
<b>Preferred Hospital and Ambulance Service</b>	

Health Insurance	
<b>Insurance Providers</b> (policy numbers and contact details)	

<b>Legal and Consent Documents</b> (policy number and contact details)	US and Canadian directives are not recognized in Mexico, but your contacts may wish to know of your wishes.
<b>Advance Directive or Living Will Power of Attorney for Healthcare Organ Donor Information (if applicable)</b>	