

# Emergency Medical Data Sheet Instructions

This 5-minute task could save your life!



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1. Caution, do not save the EMD sheet from your browser, it may not save correctly. Instead, save using your PDF reader.
2. Complete a form for every family member and save it for reference and changes.
3. Print a sufficient number of copies for your selected locations, refrigerator, vehicles, go-bag, workout-bag, hiking/cycling bag, purse, billfold, laptop bag, briefcase, suitcase, travel bag and at work. Consider other locations where you might be without the EMD.
4. Update anytime important information has changed.
5. Place the EMD on the outside of your refrigerator using a refrigerator magnet or in an envelope marked "Emergency Medical Data." A magnet will not work on stainless steel. As alternate; insert the EMD in a sealed plastic bag and place on the top shelf inside the refrigerator. Consider including your Health Care Power of Attorney and the No-CPR or DNR (Do Not Resuscitate) form if you have one. The refrigerator is a known location in most homes and businesses, and easy to locate. Ask your local Fire/EMS for their preferred location. The EMD may contain sensitive information about a patient. To restrict visibility and provide privacy, fold the EMD in half and stop at the "fold-line".
6. Place a copy of the (EMD) in the glove compartment box for each vehicle you own and for each member of the family. First responders often look there in a vehicle accident.
7. Carry a copy in your purse, wallet, backpack, laptop bag, briefcase, suitcase, golf bag, travel bag, baby pack, etc.
8. Tell friends you have this EMD form and their locations.
9. Have copies of your Health Care Power of Attorney and the No-CPR or DNR (Do not resuscitate) form in the same location as your EMD. Responders will not know you have these forms if you do not list them here and make them readily available.
10. Consider adding a note to your front door window announcing the MDS is on/in the refrigerator.
11. Visit [www.911ready.org](http://www.911ready.org) for additional suggestions.



# Emergency Medical Data

----- fold to this line -----

First			Initial			Last			Home Phone		Mobile Phone	
Street					City			State		Zip		
DOB		Male/Female	Weight	Height	Ethnic	Hair Color	Eye Color	Blood Type		Religion		
Hearing Impaired		Visually Impaired		Speech Impaired		Mobility Impaired		Dentures		Primary Language		
No-CPR/DNR		Healthcare POA		Living Will		Location of these Forms			Hospital Choice			
Emergency Contact			Phone			Address			Relationship			
Doctor			Phone			Address			Specialty			
Doctor			Phone			Address			Specialty			
Doctor			Phone			Address			Specialty			
Allergies, food, environmental, chemical, latex												
Medication			Dosage			Frequency						
Medication			Dosage			Frequency						
Medication			Dosage			Frequency						
Medication			Dosage			Frequency						
Medication			Dosage			Frequency						
Surgeries												
Recent Injuries												
Health Conditions												
Implants, stints, breast, pacemaker, insulin pump, knee/hip replacement												
Vaccinations												
Healthcare Insurance												
Parent or legal guardian:								Form updated on:				

SAVE AS

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