



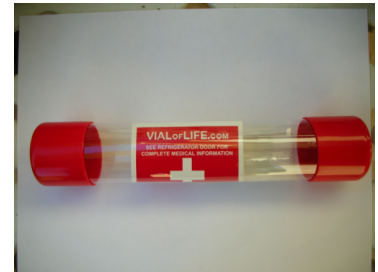
Medical Information

The medicines you take and the proper dosage are important information for you and for paramedics.

Form - 2

You should have on your **list** your medications, your doctors, your next of kin, and the name of a contact person. Fill out one form per resident living in your home. Update this form whenever your medical needs or information changes.

Place your list(s) in the official "Vial of Life" red plastic tube and place them in the refrigerator. Tubes can be obtained from the Emergency Preparedness Committee. Paramedics know to look in the refrigerator (not freezer) for this information.



Be sure to put the RED CROSS sticker on the outside door of your refrigerator in the upper left corner to indicate where this important information can be found.

You might want to carry this list with you in your wallet, in your "Grab-N-Go" bag and in your car's first aid bag.

BE PREPARED