Emergency Wallet Cards

Two fold-up cards for your wallet or purse: one for your own health, one for the person who depends on you. Fill in with a pen, cut along the dashed lines, fold in half, and tuck it in.

IN CASE OF EMERGENCY

MY NAME

DATE OF BIRTH

EMERGENCY CONTACT 1 (NAME, RELATIONSHIP, PHONE)

EMERGENCY CONTACT 2 (NAME, RELATIONSHIP, PHONE)

HEALTH CARE AGENT / POWER OF ATTORNEY (NAME, PHONE)

☐ Advance directive exists. It's kept: _____

PLEASE KNOW

ALLERGIES (MEDICINE, LATEX, FOOD, OTHER)

IMPORTANT CONDITIONS (FOR EXAMPLE: A BLEEDING DISORDER, DIABETES, SEIZURES, HEART CONDITION)

MEDICINES I TAKE EVERY DAY / BLOOD THINNERS

DEVICES OR IMPLANTS (PACEMAKER, PUMP, PORT)

MY DOCTOR AND PHONE

Blood type (optional): ___ Preferred hospital: _____

I AM A CAREGIVER

Someone depends on me. If something has happened to me, please help them.

☐ Yes, someone at home is waiting for me / depends on me today

I CARE FOR (NAME AND RELATIONSHIP)

WHERE THEY ARE (HOME, FACILITY, OTHER)

PLEASE CALL TO CHECK ON THEM AND TAKE OVER

SECOND CONTACT

WHAT THEY NEED

THEY NEED HELP WITH (MEDICINES, MEALS, MOVING, MEMORY, BREATHING EQUIPMENT)

THEIR ALLERGIES AND IMPORTANT CONDITIONS

MEDICINES AND SCHEDULE ARE KEPT: (PHONE NOTE, FOLDER, FRIDGE)

THEIR DOCTOR AND PHONE

☐ Pets at home that need care: _____

Print on regular paper, or on card stock if you can. Laminating with clear tape or a pouch makes it last. Put a date on it and update it whenever something changes.

How to fill these out

What to put on the cards

- **Things that change what a stranger would do for you:** allergies (including latex and medicines), a bleeding or clotting disorder, diabetes, seizures, a heart condition, a pacemaker or pump, and anything you take every day (especially blood thinners).
- **Who to call:** two people, with phone numbers, who will actually pick up.
- **Your health care agent or power of attorney,** if you have one.
- **If you're a caregiver:** who depends on you and how to reach someone who can take over.

What to leave off

- Social Security numbers, bank details, passwords, and full insurance numbers.
- A home address or key location. Give a trusted contact that information instead.
- Anything you aren't comfortable with a stranger reading if you lose your wallet.

Make it work harder

- **Add the same information to your phone's emergency screen** (the Medical ID or emergency information feature on your phone), which responders can often open without your passcode.
- **For something critical, like a severe allergy or a bleeding disorder,** ask your doctor whether a medical ID bracelet or necklace would help.
- **Tell your two contacts** that they're on the card, and where your longer medical notes are.
- **Review it twice a year,** or after any new diagnosis, medicine, or move.
- **Check the wording with your own doctor or pharmacist.** This is a planning tool, not medical advice.

Example (all made-up details)

My name: Alex Sample **Allergies:** Latex, penicillin **Conditions:** Type 1 diabetes, on insulin **Contact:** Sam Sample (spouse), 555-0100
I am a caregiver: Yes, for Jordan (my parent), at home. Please call Pat Example (sibling), 555-0101, to check on them.