



Plan For It - *Emergency Checklist*



**every
second
counts.**

Be prepared for emergencies by checking off these important items.

- Personal Information
- Photo Identification
- Description of Medical History
- List of Allergies
- Emergency Contacts
- List of Current Medications
- List of Medical Providers
- Legal Documents
- Essential Personal Items**
(pack essentials like glasses, hearing aids, and a small comfort item such as a blanket to help you stay comfortable in case of an extended stay)



You are encouraged to bring **ONLY** essential items. All other valuables should be left at home. The hospital is not responsible for any lost or stolen items.



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Personal Information.

The first step is to collect key personal information. This includes your birth certificate, Social Security number, and health insurance or Medicare information. Make photocopies of everything and store them in a safe, accessible place.

Photo Identification.

In case you need to leave in a hurry without your wallet, it's crucial to have a copy of your photo ID. This can be a driver's license, passport, or any government-issued identification.

Medical History

If you have specific health conditions, such as diabetes or cardiovascular disease, create a list of these concerns. It can help healthcare providers deliver more accurate and timely care.

List of Allergies

Document any known allergies to medications, foods, or materials like latex. Be sure to note the type of reaction and any interventions used, such as carrying an EpiPen®. Keep this information handy in case of emergency.

Emergency Contacts

Prepare a list of key contacts, including family and close friends, with their phone numbers. Choose someone to act as your primary contact in case you are unable to communicate yourself.

Medications

Make a list of all prescription medications you take, along with dosages and instructions. Don't forget to include over-the-counter (OTC) medications and herbal supplements, as they can sometimes interact with prescriptions.

List of Medical Providers

Write down the names, phone numbers, and specialties of all your healthcare providers. This might include your general practitioner as well as any specialists, such as your cardiologist or pulmonologist.

Legal Documents

Ensure you have copies of any important legal documents, such as a living will, healthcare proxy, advance directives, and Do Not Resuscitate (DNR) orders, if applicable.

Keep everything in ONE place!

Whether you keep it all in a folder or in a binder, the important thing is knowing where it is and being able to access it easily at all times.