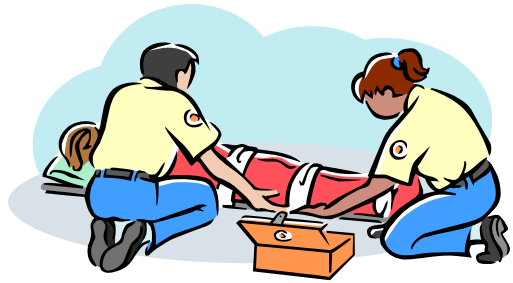


Monterey County Health Department Preparedness Minute

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Emergency Health Information Card



It is a good idea for all of us to carry emergency information at all times. One way is to have this information on an emergency health card.

An emergency health information card provides information about you to responders if you are found unconscious or are unable to communicate. This is important, as the care you receive in an emergency is based on the amount of information the provider has about you and your medical conditions.

What should be on the card?

The card should contain information about health issues you may have, medications, allergies and sensitivities, preferred treatment and health care providers, and important contact people.

Start with Basic information

Start with your basic information: name, address, phone, and date of birth. Include your health insurance information including group and individual numbers as well as the name and phone number of your health care provider.

In Case of Emergency—Contacts

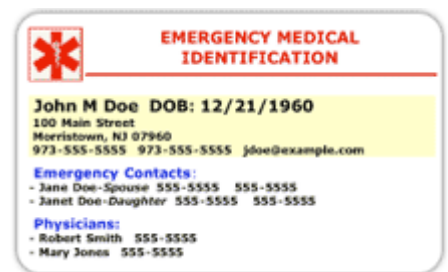
List all the contact information for at least one person you wish to be notified in the event of an emergency. It is a good idea to have more than one emergency contact in the event the first contact cannot be reached.

Health Issues/Conditions

Provide information about your health issues or conditions that a provider or responder may need to know. If you are not sure include the information on your card.

For example:

- Specific diseases or conditions —Epilepsy, Heart conditions, Hepatitis C, HIV positive, Chronic Obstructive Pulmonary Disease, High Blood Pressure
- More specific information:
 - I have insulin dependant diabetes. If I appear to be drunk or disoriented, I may be having a reaction associated with my diabetes. If I can swallow give me something with sugar, like regular cola, orange juice or the glucose from the tube I carry with me. If my breath smells fruity, do not give me anything to eat and call 911.
 - I have a psychiatric disability. In an emergency, I may become confused or overwhelmed. Help me find a quiet corner and I should be fine in about 10 minutes. If I do not improve, give me one pill of (*name of medication*) located in my (*purse, wallet, pocket, etc.*).



The purpose of this short publication is to inform Monterey County staff about preparedness issues ranging from emerging communicable diseases to personal preparedness. If there is a specific topic you or your staff are interested in please contact the Preparedness Program at klahnk@co.monterey.ca.us.

Medications

If you take medication make sure they are all listed and include:

- Name of Medication
- Dosage,
- Times taken,
- When first prescribed and how long you have been on the drug,
- Other details regarding specifications of administration/regimen, i.e., insulin



Remember to include your allergies to medications.

Speaking of Allergies

List your allergies and sensitivities—drug, food, and environmental. Here are some examples:



- Penicillin or other antibiotics
- Morphine, Codeine, Demerol or other narcotics
- Novocain or other anesthetics
- Latex
- Iodine or Methiolate
- Eggs, milk, chocolate or other foods
- Environmental sensitivities
- Aspirin, Tylenol or other pain remedies
- Sun exposure
- Detergents, fabric softeners
- Sulfa drugs
- Insect bites, bee stings
- Pesticides
- Tetanus, antitoxin or other serums

Practical Matters



What should my card look like? You can make a “card” out of a sheet of paper or use one of the various forms found on the internet. Make sure it is clearly labeled “Emergency Health Information”.

Where do I keep it? Make several copies, keep one in your wallet behind your driver’s license or ID card. Keep one in your car, backpack, emergency supply kit and at work.

Who needs one? Everyone. Make one for each family member. Keep the card up to date. Update every six months.



Examples and more information?

www.cdihp.org/evacuation/att_b.html#ehi_form

home.nyc.gov/html/oem/downloads/pdf/seniors_disabilities_healthinfo.pdf



This issue of *Preparedness Minute* is brought to you by the Monterey County Health Department’s Preparedness Program. For more information Contact:

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