

Emergency Medical Information—Children Ages 0-18

Date Card Updated _____ (Please update yearly).

Name _____ Age/DOB _____

Address _____

Primary Language _____ Religious Affiliation _____

Insurance Provider/Policy Number _____

Primary Physician

Name _____

Phone _____

Specialty Physician

Name _____

Phone _____

EMERGENCY CONTACT INFORMATION

Parent/Guardian 1

Name/Relationship _____

Primary Phone _____

Secondary Phone _____

Address (if not same as above) _____

Parent/Guardian 2

Name/Relationship _____

Primary Phone _____

Secondary Phone _____

Address (if not same as above) _____

Alternative Contact

Name/Relationship _____

Primary Phone _____

Secondary Phone _____

Address (if not same as above) _____

MEDICAL INFORMATION

Food Allergies/reaction _____

Medication Allergies/reaction _____

Other Allergies/reaction _____

PAST MEDICAL HISTORY

Heart

Heart Condition _____

Respiratory

Asthma

Cystic Fibrosis

Neurological

ADD/ADHD

Developmental Delay

Epilepsy/Seizures

Multisystem

Anaphylaxis

Diabetes

• Insulin dependent? Y N

Head/Eyes/Ears/ Nose/Throat

Hearing Loss

• Hearing Aids Y N

Impaired Vision

• Glasses Y N

• Contacts Y N

Cerebral Palsy

Physical Disability

• Equipment _____

OTHER MEDICAL CONDITIONS/SIGNIFICANT SURGERIES

(Attach care plan for chronic condition)

MEDICATIONS (Include Dose and Route of Administration)

Give this card to EMS Personnel or take it with you to the Emergency Department

To be filled out by or with pediatrician

HEALTHY LIVING

IN CASE OF EMERGENCY CALL 911

Please Fill Out Reverse Side and Place on Refrigerator in Case of Emergency.

To learn more contact McGregor Memorial EMS
603-862-3674

Visit www.dac.unh.edu
Or come see us at 47 College Rd.
Durham, NH 03824

- Get an annual checkup at doctor
- Make sure you are up to date with your immunizations
- Get enough sleep at night!



- Wash your hands frequently
- Cough and sneeze into your elbow.



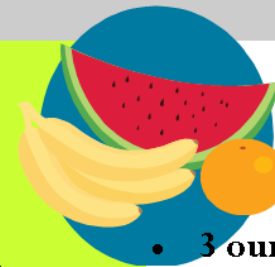
Stay Active & Be Safe

Get at least an hour of exercise a day.

Here are some ideas! Remember to be safe!



- Go for a walk
- Jump Rope
- Ride a Bike
- Join a sports team
- Play tag with friends!
- Swim
- Play Frisbee
- Remember a helmet and proper padding
- Be aware of your surroundings



- 3 ounces of whole grains
- 2-3 cups of veggies
- 1-2 cups of fruit
- 3 cups of milk or dairy products
- 3-6 ounces of meats and beans

Eat a Healthy, Balanced Diet

Take a look at the food pyramid at www.MyPyramid.gov to learn more!

