



## My Health Information

My Primary Doctor: \_\_\_\_\_ Phone # \_\_\_\_\_

## Other Health Care Providers & Phone Numbers

Care Provider \_\_\_\_\_ Phone # \_\_\_\_\_

Care Provider \_\_\_\_\_ Phone # \_\_\_\_\_

Critical health issues:

Fold Here First

## Allergies:

Name of Medicine \_\_\_\_\_ What Type of Reaction I have from it. \_\_\_\_\_

Name of Medicine \_\_\_\_\_ What Type of Reaction I have from it. \_\_\_\_\_

Name of Medicine \_\_\_\_\_ What Type of Reaction I have from it. \_\_\_\_\_

Other Allergies (non-medicine related):

Second Fold Here



## Questions to ask your Health Care Provider

1. What is my medicine called and what does it do?

2. How and when should I take it? And for how long?

3. What if I miss a dose?

4. Are there any side effects?

5. Is it safe to take it with other medicines or vitamins?

6. Can I stop taking it if I feel better?

Third Fold Here



Keep in Your Wallet

## First Aid for Poisoning

Get to fresh air right away and avoid fumes.

Open doors and windows wide.

## Poison on the Skin

Take off clothing the poison touched.

Rinse skin with running water.

Wash off with soap and water.

## Poison in the Eye

Run lukewarm (not hot) water over eye for 10 min.

Do not force the eyelid open.

## Swallowed Poison

Do not make the person vomit, drink, or eat unless told by a poison expert.