

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-medication related):

Second Fold Here

My Name _____

My Phone # _____

My Emergency Contact _____

Emergency Contact Phone # _____

My Pharmacy _____

Pharmacy Phone # _____


Maryland Poison Center
UNIVERSITY OF MARYLAND SCHOOL OF PHARMACY

Third Fold Here

Questions to ask your doctor/pharmacist

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?

Poison First Aid Inhaled Poison

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 tap 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.

Health & Medication Record

POISON
Help

1-800-222-1222

Keep in Your Wallet