My Emergency Card Template

You will need:

1. A copy of this sheet per person
2. Lightweight card
3. A pen/pencil each
4. Coloured pens/pencils to decorate
5. Scissors
6. Craft knife and cutting mat (optional)

To make your Emergency Card:

1. Print this sheet on to lightweight card, one copy each
2. Fill out your information on the dotted lines
3. Cut out along the heavier line around the edge of your emergency card.
4. Cut along the solid line in the Allergies section to create a slit, using a craft knife if you prefer.
5. From the bottom fold in a concertina until the Allergies section, creating a mountain fold (to the back) along the dot dash line and valleys (fold to the front) along the dashed lines.
6. Fold your details and the top flap around the edge and slot the tab through the slit you cut in the Allergies section to hold it all together.
7. Decorate the front, you can make it look like a first aid kit or just decorate it with your favourite colours and patterns.
8. Keep your Emergency Card in your bag or coat pocket so you have it with you in case of emergency.

Emergency Card

Please open in case of emergency

My Details:

My name is:

....

Date of birth:

....

Allergies:

....

....

....

....

Medications:

....

....

....

....

Emergency Numbers:

Name: ....

Telephone: ....

Mobile: ....

Alternative contact: ....

Telephone: ....

In Case of Emergency:
Dial: **999**
Non-Emergency Medical Help:
Dial: **111**
Emergency Number for Mobiles:
Dial: **112** (works anywhere in the world)

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