

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