

Emergency Medical Checklist

A checklist to prepare for a medical emergency with an information sheet, contacts, medicines, and basic steps.

Build an Information Sheet

- Full name, date of birth, and address
- Emergency contacts with phone numbers
- Doctors and preferred hospital
- Allergies to medicines and other things
- Medical conditions and recent surgeries
- Insurance details and ID information

Keep this sheet current and easy to find

Medicines and Supplies

- A current list of all medicines and doses
- Note any emergency medicines and where they are kept
- Keep a stocked first aid kit accessible
- Note any medical devices or equipment in use
- Keep a few days of essential medicine ready

Contacts and Access

- Save emergency contacts in every phone at home
- Post your local emergency number where it is visible
- Make sure family knows where information is kept
- Keep a spare key or access plan for responders
- List your address clearly for callers to relay

Know When to Call for Help

- Chest pain or pressure
- Trouble breathing
- Signs of stroke such as face drooping or slurred speech
- Severe bleeding or a serious injury
- Loss of consciousness or a severe allergic reaction

For any of these, call your local emergency number such as 911

Basic Steps While Waiting

- Call for help first and stay on the line
- Keep the person calm, safe, and still
- Follow the dispatcher's instructions
- Provide care only within your training
- Have the information sheet ready to share

Important

- This checklist is general information only and is not medical advice; in a real emergency call your local emergency number immediately and follow the instructions of emergency professionals

Consider taking a recognized first aid and CPR course