

Your Health Is Everything!

Gather the following information and put it into a **Red folder and place it in your Emergency Room bag...**

- Health Insurance policy information
- Preferred Doctors list (copies of business cards)
- Preferred Pharmacy list (online or location)
- List of known Allergies
- List of known Medical Conditions
- List of Vaccinations
- List of Medications
- List of Over-the-Counter supplements
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In Case of Emergency Contacts

Complete the information and place with your documents.

In Case of Emergency (ICE) Contact #1

Name:

Address:

.....

Relationship:

Phone:

Mobile Phone:

Email:

In Case of Emergency (ICE) Contact #2

Name:

Address:

.....

Relationship:

Phone:

Mobile Phone:

Email:



In Case of Emergency Contacts

Complete the information and place with your documents.

In Case of Emergency (ICE) Contact #3

Name:

Address:

.....

Relationship:

Phone:

Mobile Phone:

Email:

In Case of Emergency (ICE) Contact #4

Name:

Address:

.....

Relationship:

Phone:

Mobile Phone:

Email:

Unexpected Trip to the Emergency Room

According to the Centers for Disease Control and Prevention, there are 139 million emergency room visits each year in the United States. If you find you have to go to the emergency room, or you are caring for an elderly family member, it's likely that you will be in a rush and not thinking clearly. It's important to prepare in advance for a trip to the ER. You will want to have a bag for the person who is sick and another bag for yourself.

For the Patient...

- Cozy blanket and pillow
- A warm sweater or sweatshirt
- Slippers
- A change of comfortable clothes including sweatpants
- Tissues
- Skin lotion and lip balm
- List of current medications including frequency and dose
- Bottled water and healthy snacks (check with nurse before giving loved ones anything to eat or drink)
- Incontinence products, wet wipes, diabetic supplies, hearing aid batteries or anything else they may need to manage their condition over a 24-hour period.
- If family has dementia, bring comfort items that will help ease any confusion or anxiety. Have an iPod and headphones with personalized playlist, favorite stuffed animal, photo album, books or magazines or other activities to help pass the time

Unexpected Trip to the Emergency Room

For the Caregiver...

A trip to the ER with a loved one can mean a long and uncomfortable wait, sometimes in your car in a parking lot. You should pack your own "go bag."

- Cozy blanket
- Sweater, fleece or sweatshirt
- Food and water including snacks, bottled water and non-perishable canned or packaged food
- Paper and/or notebook, pen
- Cell phone charger, charger battery pack and earphones
- Hygiene items including hand sanitizer, mask, toothbrush, toothpaste, and sanitary items
- Copy of advance directive for healthcare
- Family doctor contact information
- Medications, glasses and contacts
- Ear plugs and eye mask
- Entertainment items including book, knitting, crosswords or sudoku
- Towels and washcloths (new car-washing chamois works as towel)
- Mints or cough drops for dry hospital air
- Cash for vending machines
- Emergency contact information for family/friends