

Critical health issues:

Care Provider Phone #

Care Provider Phone #

Other health Care Providers & Phone Numbers

My Primary Doctor: Phone #

My Health Information

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 #

Third Fold Here

Call Just in Case!

Washington Poison Center offers confidential, expert advice 24 a hours a day, 365 days a year.

Remember the Washington

Poison Center serves as an

informational line too. If you

think you accidentally took

your medication twice, or are

worried about a potential drug

interaction, call them the

Washington Poison Center at

1-800-222-1222.

Health & Medication Record



WASHINGTON POISON CENTER (800) 222 1222

Keep in Your Wallet

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.

## Medication List

Medicine Name/ Strength (Example: Simvastatin 10 mg)	What I take it for (Example: Cholesterol)	How much I take/at what time (Example: 1 pill at bedtime)	Who prescribed it (Example: Dr. Smith)

For additional copies, visit [ww.wapc.org](http://ww.wapc.org). In case of a medication question please call the Poison Center at 1-800-222-1222.  
In case of an emergency always call **911**