

# Emergency Card

## Instructions for use:

1. Input the details directly on the template.
2. Save the completed card as an image or PDF for easy access.
3. If using it physically, print the card on sturdy paper or cardstock.
4. Cut along the outline using scissors or a paper cutter.
5. Save the card in your wallet (if printed) or your phone's gallery for emergencies.
6. Review and update the information periodically to ensure accuracy.
7. Inform your emergency contacts about the card and its location.

In case of emergency		
Name:		Nickname:
Date of birth:	Gender:	Blood type:
Address:		
Contact number:		
Medical condition/allergies:		Current medications:
Emergency contact/s:		Contact numbers:

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Date of birth:	Gender:	Blood type:
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