

<p><b>Name</b></p> <hr/> <p><b>Contact:</b></p> <hr/> <p style="text-align: center;"><b>or</b></p> <hr/> <p><b>Contact:</b></p> <hr/> <p style="text-align: center;"><b>or</b></p> <hr/> <p><b>Out-of-area contact:</b></p> <hr/> <hr/> <hr/> <p><b>Health: Dr.</b></p> <hr/> <hr/> <hr/> <p><b>Medications</b></p> <hr/> <hr/> <hr/>		<p><b>Name</b></p> <hr/> <p><b>Contact:</b></p> <hr/> <p style="text-align: center;"><b>or</b></p> <hr/> <p><b>Contact:</b></p> <hr/> <p style="text-align: center;"><b>or</b></p> <hr/> <p><b>Out-of-area contact:</b></p> <hr/> <hr/> <hr/> <p><b>Health: Dr.</b></p> <hr/> <hr/> <hr/> <p><b>Medications</b></p> <hr/> <hr/> <hr/>
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<b>Name</b>
<b>Contact: (mother, father, relative)</b>
<b>or (cell phone)</b>
<b>Contact:</b>
<b>or</b>
<b>Out-of-area contact:</b>
<b>Health: Dr. (regular dr's phone #)</b>
<b>(list major conditions)</b>
<b>Medications</b>
<b>(list prescriptions, dosage, frequency)</b>

Fill out one for each person in household

How many can remember an out of area phone # ?

Cut each card out

Fold in half

Place clear contact paper over front and back leaving a 1/4" edge

Finished product will be credit card size

Optional for children's cards:

punch a hole in one corner and attach to a lanyard with a whistle

place in a pocket of their school packsack

or have them wear on outings