

PART THREE • FILL THIS ONE FIRST

The One-Page Summary

Hand this to the triage nurse. Photograph it and keep it on your phone.

NAME _____ DATE OF BIRTH _____

BLOOD TYPE _____ WEIGHT _____

I AM THE _____

REACH ME AT _____

ALLERGIES AND REACTIONS

CONDITIONS AND DIAGNOSES

CURRENT MEDICATIONS AND DOSES

BASELINE: WHAT THEY ARE LIKE ON A NORMAL DAY

Staff who have never met this person cannot tell what is new. You are the only one who can say *this is not how she usually is*.
