TABLE #1 – TRACKING IMPORTANT MEDICAL/HEALTH INFORMATION

When planning for any type of emergency, you and your family's health information should be easily accessible. In times of need, it is easy to forget important health information, some of which might be required should you or your family need medical attention.

The following is a table you and your family can fill in with the necessary information, which can then be posted on a fridge or filed away for use when needed (e.g., when registering for a vaccination during a possible pandemic, visiting a health care facility, etc.).

Name	Date of Birth (dd/mm/yy)	Provincial / Insurance Health Number	Blood Type	Allergies	Existing Medical Conditions	Medications (include dosage)	Name/Contact Information for Current Health Care Provider(s)