

## PERSONAL MEDICAL FORM<sup>©</sup> INSTRUCTIONS

On the next page, enter the names of each family member and the name of the medication they use. Add the prescription number and the dosage. All of this information should be on the label. You can also use the form to enter non-prescription medication, supplements, vitamins or other products.

At the bottom of the page, enter the pharmacy name and phone number at the bottom of the form along with your family doctor's name and phone number. Be certain to add any allergies your family members have.

Pack the completed form in your vital document holder and pack the vital document holder inside a backpack pre-packed with other essential evacuation supplies such as bottled water, a flashlight, etc.

