



Message in a Bottle Emergency Information Scheme



Personal details		If you have a passport photo – please affix here
Today's date: _____	Age: _____	
Last name: _____	First name: _____	
Date of birth: _____	Male <input type="checkbox"/> Female <input type="checkbox"/>	
NHS no: _____	Religion: _____	
Approx height: _____	Approx weight: _____	
Hair colour: _____	Eye colour: _____	

Doctor details	Medic Alert No (if applicable)
Name of GP: _____	
Telephone: _____	
Practice address: _____	

Medical details
Do you take medicine for: Asthma <input type="checkbox"/> Diabetes <input type="checkbox"/> Heart problem <input type="checkbox"/>
Anti coagulant <input type="checkbox"/> Other: <input type="checkbox"/> please list: _____

Illnesses: Please detail any illnesses that might affect emergency treatment: _____ _____
Allergies: Please detail any allergies that you suffer from: _____
Where do you keep your medication? _____
Allergic reaction to medication: Detail any allergic reaction that you suffer from: _____ _____

If you are unsure about any of your medical details, please ask your doctor or health visitor for advice

Carer/Health visitor details	Next of kin
Name: _____	Name: _____
Organisation: _____	Relationship: _____
Address: _____	Address: _____
_____	_____
Telephone: _____	Telephone: _____

Dependents	Do you have pet(s)? Yes <input type="checkbox"/> No <input type="checkbox"/>
The following person relies on me for daily care and will require someone to care for them (<i>Consider writing the name of school age children</i>):	Type of animal(s): _____
	Name(s): _____
	Name: _____ Telephone: _____
Address: _____	

Message in a Bottle

Emergency Information Scheme

How does the scheme work?

Your details are stored in a clearly labelled plastic container, which is kept in your fridge. Two matching labels, known to the Emergency Services and other care agencies are displayed in your house.

What do I have to do?

1. Complete the form overleaf, please PRINT, using a ballpoint pen.
2. Replace form inside container.
3. The labels:
Stick one inside your front door (placed so it is not visible from outside) at eye level.
Stick the other to the outside of the fridge door.
4. Place the container in your fridge in a door compartment where it will be safe and quickly found.
5. If there are several members of your household who suffer from an illness or allergy you should use a separate bottle for each person.
Mark the bottle to identify it, e.g. MR or MRS.

PLEASE NOTE: For reasons of confidentiality the Rotary Clubs of Llantwit Major & Cowbridge and the Lions Club of Llantwit Major and Cowbridge do not keep a record of recipients of the Message bottles. The Rotary Clubs of Llantwit Major & Cowbridge and the Lions Club of Llantwit Major and Cowbridge are not involved in filling-in of the forms, and cannot accept responsibility for the accuracy of the information therein.