

Current Medications

ALLERGIES AND REACTIONS

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Medication and strength	Directions

NOT CURRENT OR RECENTLY STOPPED

Physical Health

CURRENT AND DOCUMENTED

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IMPORTANT MEDICAL HISTORY

FORMAL EVALUATION PENDING

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-

Behavioral and Neuro Health

CURRENT AND DOCUMENTED

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-
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FORMAL EVALUATION PENDING

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IMPORTANT NOTE

Communication and Access

Information for medical professionals and first responders

Under stress, pain, or in an emergency, I may:

WHAT HELPS

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POSSIBLE STRESS RESPONSE

Care Team and History

EMERGENCY CONTACT

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-

CURRENT OR RECENT

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-

PRIOR CLINICIANS FAMILIAR WITH HISTORY

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-

PAST PROGRAMS OR HOSPITALIZATIONS

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CARE CONTINUITY NOTE

About This Kit

A free resource from They Look Forward

These cards were created by Toyia Blount and shared freely through They Look Forward. Nobody should have to rebuild their own medical history from scratch in a crisis.

If you need help making your own set, or you're adapting these for someone you care for, reach out at theylookforward.org — the door is always open.

Dragon's Oasis is another project in this family. Learn more at dragonsoasis.org

Success is leaving something worth carrying home.