



“Grab and Go Kit” for ER/Hospital

Create a “Face Page”

- Name
- Address and Phone Number
- Date of Birth
- Allergies
- Emergency Contact Including Telephone, Email and Text
- What you should know about you**
- Medication List**
- Medical Conditions, Past Surgeries, Past Hospitalizations**
- Current Physician List with Contact information**
- Copy of Insurance Cards**
- HIPPA Release forms**
- Healthcare Proxy Form**
- Healthcare Directive**
- MOLST/POLST**
- Power of Attorney**
- Charged cell phone with charger**



What to Have in case of Self-Isolation/Recovering at Home

- Thermometer**
- Oximeter**
- Over the counter medicines (cough syrup, fever reducer, pain reliever)**
- Bleach or Lysol wipes**
- towels**
- comfortable clothes**
- Food like soup**
- Access to Water**
- Any regular medications (see if you can get larger refills for ease)**