


Sticky J's[®] printable (and expandable!) medical ID card



EMERGENCY MEDICAL IDENTIFICATION		
NAME: _____		
EMERGENCY CONTACT: _____		
PHONE: _____		
PHYSICIAN: _____		
PHYSICIAN'S PHONE: _____		
CONTACT LENSES: Y N		
DATE: _____ BLOOD TYPE: _____		
MEDICAL CONDITIONS: _____		

DANGEROUS ALLERGIES: _____		

MEDICATIONS:	DOSAGE:	FREQUENCY:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

fold here >

more room for
conditions and
allergies!

< fold here

more room for
medications!

We recommend placing this card in your wallet, directly behind your driver's license.