

**Make this medical history available to emergency responders.
Dial 911 for all emergencies!**

Name:	Physician:
Phone:	Emergency Contact:
Birth Date:	Emergency Phone:

Medical history: current conditions, medical device/implants, surgeries, and date (year):

Medication list: include prescription and over the counter medications:

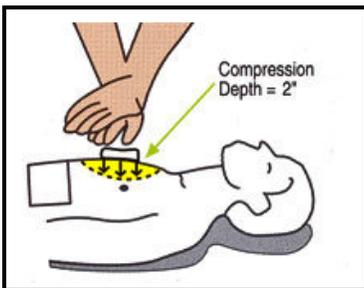
Name	Strength	How Often	Name	Strength	How Often

See other side for information on how to get copies of this form.

Quick instructions for CPR (Cardiopulmonary Resuscitation) – you do not need training to help someone:

If you see someone who appears to be unresponsive:

1. Grab their shoulder, try to wake them.
2. If there is no response call 911.
3. Check for breathing; put your ear by their mouth, watch their chest, take only a few seconds.
4. If there is no breathing place the person on a solid flat surface (usually the floor).
5. Start chest compressions:



Position hands in the center of the chest



Firmly push two inches in the chest, 100 times per minute.

6. Do not stop until medical aid takes over, the patient starts breathing, your location is not safe, or you are so tired that you cannot continue.

See other side for more information.

To obtain more copies of the medical history form go to:

<http://www.shrewsburyfirstaid.org/Library>

Free CPR Training Available

The Shrewsbury First Aid Squad offers free CPR training to Shrewsbury residents every 2nd Monday of the month. To sign up for a class please visit our website at

<http://www.shrewsburyfirstaid.org/community-cpr/>

All classes are taught at the Shrewsbury First Aid Squad headquarters at 115 Haddon Ave, Shrewsbury. You can be certified in one evening!

We encourage everyone to take this training.