

This is a Word document , feel free to make appropriate entries in the above optional form.

Or you can just print it out as is and fill it in by hand. It's up to you to determine when to use an ink pen or a pencil.

If you print just the page with the Health and Medical Summary Card, twice – do it front and back on the same sheet of paper; then you can cut it right down the middle and have two cards.

They can be folded carefully twice without obliterating any information. Use one in your VDF ID pouch and put the other in your wallet for everyday use.

This is intended to be an OPTIONAL but very useful form – make your own decisions about what and how much information you put on it.

Some of your data will be relatively permanent and you may want to pre-fill it in or use pen. Some of the information may be better done with a pencil so that you can change it later.

The purpose is to provide critical information to a health professional or medic when you can not assist them – **neatness counts** !

It's YOUR Health

The design, format and choice of information to put on this card was drawn primarily from the following :

International Certificates of Vaccination
“ the shot record”

File of Life

distributed by Emergency Services personnel.

And my own experiences when dealing with various health professionals.

If you have a decent .jpg photo of yourself , similar to a passport photo, you can import it. Cut and paste into your form when you print it out.

When finished, you can laminate the top portion of the card with some of that wide, clear packing tape.....

Muskets & Sabers !

SSG Pettway

LafayetteTraining@gmail.com