

Free Printable Emergency Face Sheet

Print, complete by hand, and keep it somewhere easy to find in an emergency.

Person this sheet is for

Full name _____ Date of birth _____

Preferred language _____ Last updated _____

Emergency contacts

Primary emergency contact _____ Relationship _____ Phone _____

Backup emergency contact _____ Relationship _____ Phone _____

Critical medical information

Major medical conditions

Allergies

☐ Blood thinner / anticoagulant use _____

Medical devices or implanted devices _____

Mobility, communication, or baseline notes

Current medications

Medication name	Dose	How often / when taken	Notes

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Use this page for care details, documents, pharmacy information, and extra notes.

Additional current medications

Medication name	Dose	How often / when taken	Notes

Doctors and pharmacy

Primary doctor _____ Phone _____

Specialist _____ Phone _____

Preferred pharmacy _____ Pharmacy phone _____

Insurance and important documents

Insurance provider _____ Member ID / policy number _____

Important documents location _____ Advance directive / power of attorney notes _____

Caregiver and household notes

Caregiver instructions

Important routines

Pets / home access / other household notes

Emergency disclaimer: This worksheet is not a medical record and does not replace professional medical advice. Review and update it regularly. In an emergency, call 911 or your local emergency number.

Need an emergency profile that updates online and can be shared by private link or QR code? Visit YourEMR.net.

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