First action. Backup. Help.

Copy the current plan's essentials. Print, complete and cut along the border.

Use contacts whose role and availability are confirmed. Keep this card private. Replace it when the plan changes; carry any separate clinical safety instructions too.

MY NEXT STEPS

Plan date / version:

1 FIRST ACTION

When I notice:

I will:

2 BACKUP

If unavailable: action / contact / number / hours:

3 MEDICAL EMERGENCY

Local emergency number:

Use emergency help immediately; do not wait for routine contacts.

Before carrying it

Check the number and hours. Walk through the first step and backup. Store the full plan where you can find it. The emergency field is separate from a crisis-support or treatment contact.