


**Emergency Contacts**  
(Names & Phone Numbers)

FOLD #2 DOWN


Allergies

--

Blood Type

--

Name

FOLD #1 DOWN

FOLD #3 DOWN


Notes

### My Doctors

 Call (828) 505-2664 Fax (828) 505-2560



Orthopedics  
Balance & Dizziness  
Concussions & Vertigo

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Handicap Accessible  
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	Name of Medication	Dose	Quantity / Frequency
Prescriptions			
Over-the-Counter			
Vitamins			
Supplements, Herbs, Other			



For Example; Aspirin      81mg tablet      One daily