



- INSTRUCTIONS**
1. Print out this sheet, cut around the circles, then fold at the joins to prevent information being visible.
 2. Fill in your emergency contact details and medical information. (e.g. allergies or conditions)
 3. Insert into your cars tax disc holder.

**EMERGENCY
CONTACT INFORMATION**

Name: _____
Relation: _____
Phone: _____

**MEDICAL
ALERT INFORMATION**

Driver: _____
Date of Birth: _____
Details: _____

**Share with your
family, friends and
colleagues**

**You could help
save a life!**

