

MEDICAL EMERGENCIES

All Members are encouraged, whenever on Elmbridge u3a activities (and maybe at other times too), to carry a card showing essential medical information in case they are unable to communicate this in an emergency. This should include names and telephone numbers of one or two next of kin, details of any allergies (e.g. penicillin), a note of any significant medical conditions (e.g. diabetes) and details of any current medication (e.g. blood thinners). One's NHS number (found on prescription documents) could be added.

For those with smartphones, an alternative solution might be to put the information on these. For example, to insert these details on a Samsung smartphone go to Settings, then to Safety and emergency, then to Medical info and Emergency contacts. On Apple phones, go to Settings, then health, then medical ID. Those coming to your rescue in a medical emergency could then pick up the smartphone and access this information without needing the code for unlocking it.

You may find it useful to add an App to your phone which provides medical advice for emergency situations. *First Aid by British Red Cross* is a good example. This provides useful advice for coping with medical emergencies and injuries.

If you haven't already done so we would encourage you to make sure you have supplied us with details of your emergency contact (name and phone number) so that our database has this information.

Group Leaders are encouraged to ensure they have emergency contact details of their group members readily available.