

## Keeping Health Information In A Lions Fridge Pot



The Lions 'Message in a Bottle' scheme allows people to keep critical health information inside a specially marked container. There are also familiar stickers that signpost where the container is kept.

The scheme is free of charge to the user. It saves valuable time by identifying you, your emergency contacts and whether you have illnesses, medications or allergies. This could be a lifesaver and also gives peace of mind to users and friends or family.

### ***Where can I get a Message in a Bottle pack?***

Packs (containing a pot, medical form and 2 stickers) can usually be found free of charge in your local chemist or GP surgery. You may also be able to get a pack through Age Concern, Neighbourhood Watch, local Council Offices, Housing Associations or Police stations. Or to request a pack online you can fill out the Lions Club contact form at [www.lions105ce.org/message-in-a-bottle.html](http://www.lions105ce.org/message-in-a-bottle.html)

### ***What do I do when I've got the pack?***

1. Complete the detailed medical form that came with the pack
2. Put the completed form into the pot and place it in the door of your fridge
3. Put one of the stickers on the outside of the fridge door
4. Put the other sticker on the inside of your front door.

### ***What else should I consider?***

- You could consider adding other useful things, e.g. a recent ECG printout, hospital discharge papers, etc. Say where they are kept if there is no room for them in the pot.
- You could photocopy your form and put it in a second pot that you keep in the glove compartment of your car or in your handbag. Don't forget to use a sticker too.
- You can download and print out further copies of the medical form from the Lions Club web page (use the weblink given above).