



Wearing A Medical ID Tag Or Bracelet

Who should wear a Medical ID tag?

Medical tags/bracelets are worn by people who have a ‘hidden’ medical condition that could have serious consequences if not discovered quickly in an emergency situation.

How do Medical ID tags work?

Paramedics always look for evidence of critical health conditions (severe allergy, diabetes, heart condition, etc.) when they assess a patient. Vulnerable patients wear a tag or bracelet showing that they have a hidden medical condition(s). This alerts paramedics faced with an unconscious patient. Information engraved onto the tag can include a 24/7 emergency contact and/or important medical details.

How do I get hold of a Medical ID tag?

Any company can make or sell medical tags but speak to your GP if you cannot afford to pay for one. The NHS currently recommends registered charity **MedicAlert Foundation** (tel: [01908 951045](tel:01908951045), email: info@medicalert.org.uk, contact form: www.medicalert.org.uk/contact-us/). They have an extensive online shop with engraving service and a membership option with 24/7 phone access to your records by paramedics. Before placing an order you should decide what information needs to be engraved.

What to engrave on a Medical ID tag

You often only have room for a few words. Plan them carefully with your doctor before you get them engraved.

1. Include your name and perhaps an emergency 24/7 contact number.
2. Information should relate to life-threatening conditions that wouldn't otherwise be obvious with an unconscious patient.
3. Be specific, e.g. “Allergies: bee stings, nuts” is much more useful than just “Allergies”.
4. Important medication should also be included where possible.

Examples:

John Smith - diabetic - allergy: Penicillin - husband 01273 123456

Jane Smith - severe nut allergy - carries Adrenaline (ANAPEN)