

Tips for keeping your vacation on track.

- Keep a copy of your itinerary and each person's health insurance card.
- Put together a separate contact sheet of people to notify in case of a medical emergency, along with their addresses, phone numbers and email addresses, to carry in a wallet or day bag.
- Pack a prescription for eyeglasses or contact lenses.
- Keep all necessary medications in your carry-on luggage when you fly. Store duplicate prescriptions in your wallet in case your medications are lost or stolen during the trip.
- When your destination is a non-English-speaking country, bring along a phrase book or dictionary to help you communicate with doctors, nurses and emergency personnel whose English may be limited.
- Make up a small travel health kit for each traveler that includes a few days' supply of prescription medications, extra batteries for hearing aids and a nonprescription painkiller, bandages, antibiotic ointments and antiseptic wipes.
- If you're headed overseas, join IAMAT (International Association for Medical Assistance to Travelers), a nonprofit organization that provides health information and referrals to English-speaking local doctors around the world. There is no fee to join, and membership is valid for one year.
- Check your health insurance plan to see whether it covers medical problems abroad. If not, consider buying travel health insurance for the time you'll be away. Medicare does not pay for hospital or medical costs outside the United States or its territories.

SPOT THE DOT

Emergency in the car

The Yellow Dot Program is a driver-safety initiative that provides first responders with vital information about motorists who have been involved in a MVC and are unresponsive or nonverbal.



- ❖ Complete the information form and put it into the provided yellow envelope- place the envelope in the glove compartment of your car.
- ❖ Place the provided yellow decal on the driver's side, rear window- this will alert the First Responders to check the glove compartment for your vital medical information.
- ❖ Please email Taylor Peeden info@slcfd.org to request the Yellow Dot packet. Or for more information call 772.621.3333.

ST. LUCIE COUNTY

Yellow Dot Program

Sponsored by:

St. Lucie County

Fire District



Date _____

Name _____

Address _____

City _____

State _____ Zip _____

Date of Birth _____ Age _____

Phone #'s _____

1. _____
2. _____
3. _____

MEDICAL INFORMATION

Heart _____ Cancer _____

Stroke _____ Seizures _____

Diabetes _____ Asthma _____

Blood Pressure: High _____ Low _____

Pacemaker _____ Defibrillator _____

Allergies _____

Primary Doctor

Phone #

List all your medications and herbal supplements that you are currently taking, including the dose and the frequency.

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