

# MESSAGE

# IN A BOTTLE

## EMERGENCY INFORMATION SCHEME



### WHAT IS MESSAGE IN A BOTTLE?

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It's a way for you to be reassured to know that essential information is readily available to the emergency services should they be called to your home if you have an accident or are suddenly taken ill.



**FOLLOW  
OUR STEP BY  
STEP GUIDE**

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SEE REVERSE SIDE

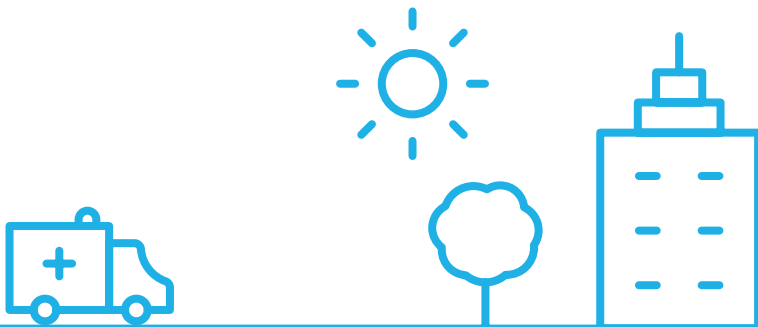
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## WHAT DO I NEED TO DO?

- 1 Complete the form inside the bottle in **BLOCK CAPITALS** using a **black** ballpoint pen. Make sure you sign and date the form.
- 2 Put this and other related forms, such as a DNACPR form or repeat prescription forms, in this bottle and store it in your fridge door compartment where it can be easily found by health care professionals, emergency services, carers etc.
- 3 Put the oblong sticker in a door (or prominent) window so the health care professionals know you have a '**Message in a Bottle**'.
- 4 Stick the round sticker onto the door of your fridge where you keep your '**Message in a Bottle**'.



\* Available for patients in the Durham Dales locality.



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