



MAKE YOUR OWN I.C.E. CARD

STEP 1: Fill the editable card below, and print it on a suitable size

STEP 2: Cut the border, folder it from centre

STEP 2: Laminate the card and keep it with you at all times

SaveLIFE ICE CARD (In Case of Emergency)		SaveLIFE FOUNDATION	www.savelifefoundation.org
NAME	<input type="text"/>	MEDICAL HISTORY	
DATE OF BIRTH	<input type="text"/>	PAST SURGERIES	<input type="text"/>
BLOOD GROUP	<input type="text"/>	MEDICATIONS	<input type="text"/>
ADDRESS	<input type="text"/>	ALLERGIES	<input type="text"/>
EMERGENCY CONTACT DETAILS		MEDICAL INSURANCE	
NAME	<input type="text"/>	INSURANCE NAME	<input type="text"/>
CONTACT NO.	<input type="text"/>	INSURANCE NO.	<input type="text"/>



FOLD FROM HERE