

Tips for Maintaining Contact with Family and Friends:


- Set up regular calls with family or friends, especially if you or they live alone.
- Create a written list of your next of kin/close family or friends to be contacted in an emergency. Include their names, phone numbers and addresses.
Keep your Emergency Contact list in your wallet or purse.
- Make sure your next of kin/emergency contacts know your current phone number and home address.
- If you are living far from your family members, have the contact details of their neighbour or someone else who is in touch with your relatives.
- Write the phone number of other family members and give it to your children so your children can contact them if you become ill.
- If you are ill and need to go to hospital remember to take your phone and charger.
- Share these tips with others!

Other Helpful Tips:

- If you have any prescription medication make sure details of this and any allergies are easily found, for example with your Emergency Contact list.
- Have you discussed your wishes with your next of kin/emergency contacts, if you were seriously ill due to COVID-19?

Emergency Contact Card

- If you become ill and unable to communicate, you may want healthcare workers to tell someone.
- Feel free to use this Emergency Contact Card and keep this card in your wallet or purse.
- Include your details and details of your next of kin (a family member, friend or other trusted person who has given consent for their details to be written on this card and to be contacted in an emergency). This person has no legal or financial rights or responsibilities. It is easier for communication with healthcare workers if one of your Emergency Contacts speaks English.
- If you are unable to print this, you could write the same information on a piece of paper and keep it in your wallet or purse.
- This is your information. Do not send it to Red Cross.

CUT	FOLD
 BritishRedCross Emergency Contact Card About you Name..... Date of birth..... Phone number..... Address..... Language(s) spoken..... GP / Family doctor..... GP phone number.....	Next of Kin / Emergency Contact Name..... Relationship to you..... (It can be family or a friend) Phone number..... Address..... Language(s) spoken..... If under 18 yrs, how old are they? Do they live in UK? (please circle) Yes No If you have no next of kin, please write "No contact"
Additional Emergency Contact Name..... Relationship to you..... (It can be family or a friend) Phone number..... Address..... Language(s) spoken..... If under 18 yrs, how old are they?..... Do they live in UK? (please circle) Yes No	<i>Have you discussed your wishes with your Next of Kin/ Emergency Contacts, if you were seriously ill due to COVID-19?</i> Please keep this card in your wallet or purse redcross.org.uk/trace 