

Message in a Bottle – It could save your life

**What is Message in a Bottle?**

The Lions Message in a Bottle is a simple idea that encourages people to keep their basic personal and medial details in a common place where they can easily be found in an emergency.

**How Does it Work?**

The information is kept in a bottle. The bottle is kept in the fridge, where the emergency services will expect to find it in the event of being called to your home.

They will know you have a bottle by the Message in a bottle green labels. One is fixed to inside your front door, one to the inside the rear door or main entrance to your house and the third sticker is on the door of your fridge. This ensures people are treated quickly which can save time and lives.

**Medical Alert**

If you wear of alert products you should continue to do so. The message in a bottle is not intended to replace these items,



All Emergency services are aware of the scheme and will use this vital life saving information in the event of an emergency.

**What information is needed?**

The information is very basic but you may like to ask a relative, neighbour or carer to help you.

The details required are:

* Your full name and brief physical description
* Your doctors name, surgery address and telephone number
* A brief description of any medial conditions you are suffering from
* Allergies and allergic reaction to medication
* Location of our medication in your home
* The names, address and phone numbers of 2 people who may be contacted in an emergency
* Details of any pets that you may have on the premises

We also advise that you keep your repeat prescription list with you medication; this is of great help to paramedics.

A sheet is provided for you to complete together with 3 stickers.

1 sticker front door, 1 sticker back door, 1 sticker fridge door

**Message in a Bottle** project is brought to you by your local Lions Club and is supported by the following emergency services:

**Ambulance - Fire Brigade - Gardaí - Medical Profession - Pharmacists**

**Message in a Bottle** is a simple idea that encourages people to keep their basic personal and medical details in a common place, where, in cases of emergency, the Emergency Teams can easily find them. The information required is very basic but necessary.

The **Personal Information Form** is self explanatory; however you may like to ask a relation, friend, neighbour or carer to help you complete the form.

**How does it work?**

You are given a Bottle (plastic container) complete with the Personal Information Form and three self adhesive Green Crosses.

**WHAT MUST YOU DO**

* Complete all sections of the Personal Information Form.
* Put the completed form into the bottle.
* Close the lid and place the bottle onto the door shelf of your refrigerator.
* Attach one self-adhesive green cross onto the outside of the refrigerator door.
* Attach one green cross inside your front door.
* Attach one green cross inside your back door.
* ALL GREEN CROSSES SHOULD BE CLEARLY VISIBLE TO THE EMERGENCY SERVICES ENTERING YOUR HOME.

**BE AWARE**

**A few minutes delay in emergency services finding your home could make the difference between life and death.**

**Give the emergency services a fighting chance to help you. Ensure that your house number or name can be clearly seen from the road.**

LIONS CLUBS INTERNATIONAL

[www.lionsclub.ie](http://www.lionsclub.ie) supported by

**Tipperary County Council**





|  |  |  |
| --- | --- | --- |
| **Your Personal Details** | | |
| Surname |  | Please affix your photograph here |
| First Name |  |
| Date of Birth |  |
| Gender |  |
| Eye Colour |  |
| Hair Colour |  |
| PPS Number |  |
| Medical Card No |  |  |
| Religion |  | |
| Address |  | |
|  | |
|  | |
| Eircode |  |
| Telephone Number |  | |
| Mobile Number |  | |
| Your Pharmacy | | |
| Name |  |  |
| Phone or Mobile no |  |  |
| Your Doctor | | |
| Name |  |  |
| Telephone number |  |  |

|  |  |
| --- | --- |
| **Special Details** | |
| Do you have hearing problems |  |
| Do you have speech problems |  |
| Do you have other problems |  |
| **Current Medical Condition**  For example, Asthama, Epilepsy etc | |
|  | |
|  | |
|  | |
|  | |
| **Allergies detail any allergy you suffer from** | |
|  | |
|  | |
|  | |
|  | |
| **Where do you keep your medicine?** | |
| Which floor? | |
| Which room? | |
| Where in the room? | |

|  |  |
| --- | --- |
| **Do you have a donor card?** | |
| Yes | No |

|  |  |
| --- | --- |
| **Do you have a pet** | |
| Yes | No |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **The following person relies on me for daily care. They will require somebody to care for them or collect them from school** | | | | | | | |
| Name |  | | | | | | |
| Address |  | | | | | | |
|  |  | | | | | | |
| Tel No | Home | |  | | Home | |  |
| School | |  | | Mobile | |  |
| **Emergency Contact Persons** | | | | | | | |
|  | | Person 1 | | | | Person 2 | |
| Name | |  | | | |  | |
| Relationship | |  | | | |  | |
| Address | |  | | | |  | |
|  | |  | | | |  | |
|  | |  | | | |  | |
| Tel No Home | |  | | | |  | |
| Tel no Work | |  | | | |  | |
| Tel no Mobile | |  | | | |  | |
| Your Local Lions Club | | | | | | | |
| Completed By | | | |  | | | |
| Date | | | |  | | | |
| All information on this form is correct to the best of my knowledge and I accept that it is my responsibility to ensure that this is kept up to date. | | | | | | | |
| Signed | | | |  | | | |
| Relationship if any | | | |  | | | |
| Lions Club International and District 133 do not accept responsibility for personal details in this form or any additional paperwork included in the bottle | | | | | | | |

This project was supported by Tipperary Age Friendly, visit [www.tipperarycoco.ie](http://www.tipperarycoco.ie) to find out more about Age Friendly 