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Carrying your medical record with you can make a difference between life and death in emergency situations

travel tips

## Carry a health check-list

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UNLESS you bring along a ton of vitamins on your holiday, there's always the chance that, at some point or the other, you may fall sick, be it a minor or major thing.

Personally, I never leave home without carrying my blood certificate from the National Blood Transfusion Service in my purse. The little booklet has information about my blood type as well as personal details like my address etc.

Call me paranoid, but should something happens to me, responding officers will be aware of my blood type immediately and not have to waste precious minutes checking this out.

There are some people who go a little further than that and carry with them on their holiday a list of their medical history – allergies, emergency numbers etc.

A medical history form should ideally have

the following:

1. Your name, address and home phone number, a parent's number and the number of a relative other than your parent
2. Your blood type
3. Immunisation records
4. Your doctor's name, address, and office and emergency phone numbers
5. The name, address, and phone number of your health insurance carrier, including your policy number
6. List of any existing health problems, such as heart disease, diabetes, or AIDs
7. List of current medications you are taking and pharmacy name and phone number
8. List of allergies to medications, food, insects, and animals
9. Prescription for glasses or contact lenses
10. Any other information you think necessary to be included in the form.