



**Answer these 6 important questions and keep them in your pocket or on your phone.**

This ensures that if you need to seek care due to Coronavirus illness, or any other emergency during the pandemic, we will have this important information that may help us save your life.

**1**

### What are your current medications?



Write out a list of all your pills and inhalers, including the dose and how many times a day you take each of them. A handy tip for those with bubble packed medications is to bring the printed list found inside the front cover of most bubble packs.

**2**

### What medical conditions have you been diagnosed with and what surgeries have you had in the past?



Do you have high blood pressure? High cholesterol? Asthma? These are all medical conditions, and we want to know about them!

**3**

### Do you have any known allergies to medications, latex, or contrast dye used for various medical imaging tests?



If you can't remember the name of the medication you are allergic to, try to find out now. Ask your family doctor or check in with a knowledgeable family member who may be able to help you out.

**4**

### What other doctors do you see?



Who is your family physician? Are you currently under the care of any specialist physicians? When was your last appointment? Do you have any follow up appointments coming up? When?

**5**

### Who is your next of kin?



Is this who you would like us to contact in an emergency situation? Have you appointed a particular person, otherwise known as your Power of Attorney for Personal Care ([POAC](#))? Your POAC can make healthcare decisions on your behalf, should you be too unwell to make decisions yourself.

**6**

### Do you have an Advance Care Plan?



Advance Care Planning involves sharing your values and wishes with your family and/or Substitute Decision Maker. For more information on Advance Care Planning please visit Speak Up Ontario at: [www.makingmywishesknown.ca](http://www.makingmywishesknown.ca)

