

MESSAGE IN A BOTTLE

Information from Malmesbury Primary Care Centre

You should have all heard of ICE in your phone contacts: In Case of Emergency, the telephone number of the person to be called. Well, 'Message in a Bottle' takes this personal safety idea one step further in your home.

The green and white plastic 'Message in a Bottle' is kept in the fridge in a prominent place so that it can be easily found and seen. In an emergency, the medical practitioner or paramedic can go there immediately to find all your key personal medical information. It might just save your life? The form inside the bottle contains all the key medical information needed to make a quick decision on what to do next. You might be unconscious and not able to share the information needed yourself. The 'Message in the Bottle' fast tracks and focuses treatment whilst taking away guesswork and delay.

A simple plastic bottle in the fridge can provide enough detail to ensure you are given the right treatment, at the earliest opportunity to ensure your needs are best met, right first time. The 'Message in a Bottle' is free and your Care Coordinator at the surgery can help you put the right information in the bottle. Do it today and be reassured.