

✂ Cut along the dashed lines · fold on the dotted line · fill in with pen · keep one in your wallet

MY POCKET CARD

NAME

ADDRESS

BLOOD TYPE · ALLERGIES · MEDS

CONTACT 1

CONTACT 2

CONTACT 3

MEET NEAR HOME

MEET AWAY FROM HOME

STAY CALM

One step at a time.

1. **Breathe.** Slow in, slow out.
2. **Check yourself.** Am I okay?
3. **Check others.** Help who you can.
4. **Go to the meeting spot.**

LONE VIGIL PRESS

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