

Medical passport

Although hopefully it is not necessary, you may need to rely on medical care during your participation in the Four Days Marches. You may be using medication and/or are being treated by your general practitioner or a specialist. Details about your medical condition can be of great value in making a proper diagnosis and setting up a treatment. Below you can find a useful "summary card" that you can put in your wallet. Even if you cannot speak anymore, this document can "speak" on your behalf. Carry this card with you during your stay in Nijmegen.

Example

Medical passport	
Name: Mike Johnson	Date of birth (dd-mm-yy) 01-06-1961
General Practitioner: dr. Jackson	Telephone number: +31(0)123-4567890
Call in case of emergency: Angelina Lopez	Telephone number: +31(0)123-4567890
Medication:	Enalapril 10mg once a day Metformin 500mg once a day
Allergies:	Iodine Wasps
Relevant diseases/diagnoses:	High blood pressure Type 2 diabetes