



Driving on the Right Side of the Road What To Keep In Your Vehicle



Too often, people do not take the precautions necessary to stay safe in the event of a catastrophe. One simple thing we can all do to increase safety in the event of a collision is keep certain crucial items in our vehicle. Below are some suggestions for what to keep in your vehicle to keep you and your family safe:

- **Personal Medical Information**: Write down any medical conditions, medications, or allergies that you or any frequent occupants of your vehicle (i.e., family members) have. Laminate the card. If you are incapacitated in a crash, you may not be able to communicate this critical information to emergency personnel yourself. See the attached example of a medical information card. Some people also keep copies of their living will and power of attorney for health care in their vehicle.
Where to Stash: The glove compartment
- **Emergency Contact Numbers**: Write down the phone numbers of those people that should be contacted if you are incapacitated. This way, medical personnel can contact them. You can also put the word “ICE” (“in case of emergency”) next to such names in your cell phone. And always remember, if you have an emergency and are able, dial 9-1-1 immediately!
Where to Stash: The glove compartment, in your wallet
- **Proof of Insurance**: You will need this in the event of a crash. Also keep a pen and paper handy if you need to exchange insurance information.
Where to Stash: The glove compartment, center console
- **First Aid Kit**: You never know when you might need first aid. The contents of a high-quality first aid kit can be vital when waiting for medical personnel.
Where to Stash: Trunk
- **Flashlight, Energy Snacks, and a Blanket**: It may seem like overkill, but if your car breaks down in the middle of nowhere in the middle of the night, you will be glad you have these items.
Where to Stash: Trunk
- **Your Car’s Owner’s Manual**: How often does a symbol pop up on your dashboard and you have no idea what it means? The answer lies within the owner’s manual! It also contains important information about your car’s maintenance schedule that you should follow to keep your car safe.
Where to Stash: The glove compartment, center console.

Sample Medical Information Card:

[Front]

Personal Information

Name _____

Age _____

Address _____

City, State, Zip _____

Phone _____

In Case of Emergency, contact

Phone _____

Relationship _____

Physician

Name _____

Hospital _____

City, State _____

Phone _____

Recent Photograph of Yourself

See Reverse Side For Medical Information

[Back]

Medical Information

Medications Taken _____

Blood Type _____

Medical Conditions (check all that apply)

- No Known Medical Conditions
- Angina
- Asthma
- Bleeding Disorder
- Cancer; Type _____
- Cardiac Dysrhythmia
- Clotting Disorder
- COPD/Emphysema
- Diabetes/Insulin Dependent
- Heart Attack
- Heart Valve Prosthesis
- Hepatitis
- High Blood Pressure
- HIV/AIDS
- Hypertension
- Internal Defibrillator
- Kidney Problems
- Leukemia
- Pacemaker
- Pregnant; Due Date _____
- Renal Failure
- Seizure Disorder
- Stroke
- Vision Impaired
- Other _____

Allergies (check all that apply)

- No Known Allergies
- Aspirin
- Codeine
- Demerol
- Latex
- Morphine
- Penicillin
- Xylocaine
- Other _____

Information adapted with permission from the Alabama Yellow Dot Program.