

# **DON'T LEAVE HOME OR THE DOCK WITHOUT ONE FOR YOUR SELF, SPOUSE, CREW, GUEST**

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## EMERGENCY MEDICAL RECORD

by D/Lt Bea Norris



Before we left for our trip to Florida to bring The Miss Kelsey III home to the Chesapeake, one of the duties I assigned myself (as First Mate) was to remind "the crew" to have on board a complete listing of their medications and other medical information.

The captain and I both filled out the Medical Emergency Record form provided by the District. It was quick and thorough and little did we know it would become invaluable.

During the trip, the captain had a medical emergency and I must admit that even though I remained calm throughout the whole episode, listing the names all his medications and dosages was not something I could have done.

The whole hospital experience was made so much easier by having the medication information the doctors and nurses needed right at hand. I can't tell you how many times we were told by them how much they appreciated dealing with people who were organized and prepared. It made their jobs so much easier and getting help for the captain so much faster.

The Emergency Medical Record forms are free. Make sure your boating family and friends have an Emergency Medical Record filled out prior to any boating event or excursion. Actually, they should be carried at all times in the event of an emergency on or off the water.



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