

Make Back-to-School safety stylish with the Canadian MedicAlert Foundation!

As a parent of a child living with a medical condition or allergy, you know how important it is for them to be prepared for emergencies. Making sure that they also know how important emergency preparedness is can be the tricky part.

Kids sometimes resist safety measures – maybe they're embarrassed, maybe they're confused about how to protect themselves, or maybe they just think they're invincible! Whatever the reason, the emergency preparedness experts at Canadian MedicAlert Foundation are making it easier for parents to teach kids about health safety by coming up with ways to make learning about it fun!

See below for a list of tips.

Emergency Contact Information

It's important to help kids memorize emergency contact info (911, your cell number, your address, etc.).

Tip for parents: **Make it a memory game!**

- **Write down important information** on cue cards and quiz them. Treats and rewards for right answers can help speed up the memory game process!
- In case they're unable to communicate emergency contact info, make sure they have a **MedicAlert membership** and wear an authentic MedicAlert ID at all times. The Foundation offers a Family Notification Service that immediately calls family and emergency contacts once the MedicAlert 24-hour Emergency Hotline is called. This will ensure that no matter where you are you'll know of any emergency that may occur. Make sure the emergency contact information is accurate and up-to-date on your child's file.

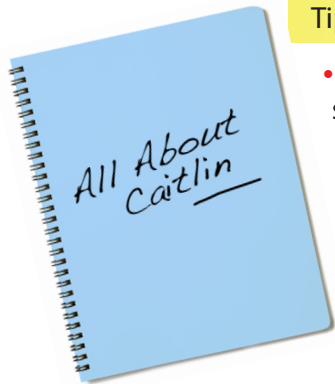


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Condition Awareness

Teaching kids about their condition (what to avoid or watch out for, what symptoms and early warning signs look like and what can trigger a health scare) can help prevent an emergency from happening in the first place.



Tip for parents: Create a picture notebook about their condition

- **Purchase a notebook** and divide it into sections related to their condition: symptoms, what to watch out for, etc. Together, fill out each section with pictures or colourful notes. Encourage them to keep it in their backpack or desk at school.
- To make sure that your child's condition is clearly communicated at all times, make sure they have a MedicAlert membership. Only Canadian MedicAlert Foundation is supported by a **unique 24/7 emergency hotline service** staffed with medically trained professionals ready to provide emergency responders with complete details about your child's condition, allergies or special needs.

Don't Forget to Take Your Medicine!

Remembering to take medication can be tricky for kids and adults alike. In addition to making sure they know how to use their medication, making sure they remember to take it can be a parent's biggest challenge.

Tip for parents: Try making medication fun with a little positive reinforcement!

- **Hide notes** in their lunch or snacks telling a funny joke, or reminding them how much you love them – as well as, of course, reminding them to take their medicine.
- **Purchase a neat or fashionable carry case** to store medication that will help them feel more comfortable when they take it out.



- **Create a medication calendar** and let them fill it in with stickers, each time they take their medicine.
- **As a back-up**, make sure they have a Canadian MedicAlert Foundation membership and keep the information on file up-to-date. In case of emergency, their MedicAlert medical ID can provide paramedics with crucial medication details.



Wear MedicAlert ID!

When you're not around to speak for them, make sure Canadian MedicAlert Foundation is.

Tip for parents: Shopping spree!

- With more than **100 fashion-forward styles** to choose from and a special youth product line designed with kids in mind, they are certain to find a style they like and feel good about wearing.

Visit www.MedicAlert.ca to shop together online.



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