

## Please help the emergency services help you

A few minutes delay in finding your home in an emergency could make the difference between life and death. Give the emergency services a fighting chance.

Make sure they can find your home quickly by displaying the house number or name or both.

### Ensure the house number or name are:

Near the road as possible

Easy to see, clear and easy to read

Can be seen from the road by day or night

If you call for help look out for their arrival

A person waving is much easier to see than a house number



**pride** in your community

## Message in a Bottle Scheme is supported by the following services:

Ambulance

Police

Fire & Rescue

Emergency Doctors

**NHS** Primary Care Trusts

### How can I help?

If you would like the opportunity to get involved with this scheme and many others that help those in need, then please contact:

### Your local Lions Club

or telephone: **0845 833 9502**

For details of your nearest club.

To order a **Message in a Bottle** please email:  
**miabcenorder@lions.org.uk**



# get your free

**MESSAGE  
IN A  
BOTTLE**  
IT COULD HELP  
SAVE YOUR LIFE



Lions Clubs International  
**British Isles & Ireland**

**MESSAGE  
IN A  
BOTTLE**  
IT COULD HELP  
SAVE YOUR LIFE



### **What is Message in a Bottle?**

The Lions Message in a Bottle is a simple idea that encourages people to keep their basic personal and medical details in a common place where they can easily be found in an emergency.

### **How does it work?**

The information is kept in a bottle. The bottle is kept in the fridge, where the emergency services will expect to find it in the event of being called to your home.

They will know you have a bottle by two labels. One is fixed on the inside of the front door or the main entrance to your home and the other to the door of your fridge.

### **What is the cost?**

It's FREE! All costs are paid for by local Lions who have received generous donations from the public and businesses.

### **Where can I get a bottle?**

Health Centres, Doctor's Surgeries, Chemists who should have supplies.

If you have difficulty, please contact your local Lions Club, the address and phone number are on the back of this leaflet.



### **Medic Alert / SOS Talisman**

If you wear any of these alert products you should continue to do so. The Message in a Bottle is not intended to replace these items.

The Lions can supply details of Medic Alert bracelets that will assist the emergency services when you are away from your home.

### **What information is needed?**

The information is very basic but you may like to ask a relative, neighbour or carer to help you.

### **The details required are:**

- Your full name and brief physical description
- Your doctor's name, Surgery address and telephone number
- A brief description of any medical conditions you are suffering from
- Allergies and allergic reaction to medication
- Location of your medication in your home
- The names, addresses and phone numbers of two people who may be contacted in any emergency
- Details of any pets that may be on the premises

We also advise that you keep your repeat prescription list with your medication, this is of great help to paramedics.