



Maximizing the Benefit of Your VEDS Emergency Preparedness Kit

The VEDS Emergency Preparedness Kit is a crucial resource to help you, and the medical professionals assisting you, prepare for any health emergency you might face. It can be a lengthy document, but completing it is an investment in your safety.

Key Resource: [Emergency Preparedness Kit](#)

Quick Tips to Make Completion Less Overwhelming:

1. **Break It Down:** Don't try to complete the entire packet in one sitting. Tackle one section at a time, perhaps one each day or week.
2. **Involve Trusted Individuals:** Get help from a family member or friend, especially for medical and legal aspects. They can offer a second pair of eyes and may recall important details.
3. **Regular Updates:** Instead of updating the entire kit at once, consider revising one section monthly or quarterly.
4. **Digital Copies:** Use your computer to fill out forms, making it easier to update. Store these on a USB drive to keep with you.

Critical Sections to Prioritize:

5. **Personal and Medical History:** These sections are often crucial in emergencies and should be the first ones you complete.
6. **Contact Information:** Make sure to have updated information for doctors and emergency contacts.
7. **Legal Documents:** Include Power of Attorney and Healthcare Proxy forms. These can be time-sensitive in emergencies.

Utilizing the Emergency Preparedness Kit:

8. **Accessibility:** Keep it in a bright envelope near the front door or on the fridge at home, and perhaps a copy at work. Make sure it's easily recognizable and accessible.
9. **ICE Contacts:** Input emergency numbers in your phone under ICE (In Case of Emergency) to help EMS personnel.
10. **Communicate:** Inform close contacts and legal representatives about this kit and where it's located.

Special Attention: Emergency Alert Card

- Include this card in your wallet and with your kit. This card can be a life-saver, providing critical information at a glance to first responders and medical professionals.

Final Tips:

11. **Checklist:** Use the provided checklist to keep track of your progress and to note when each section was last updated.
12. **Resource Utilization:** Take advantage of the various included resources like the VEDS hotline for emergency physicians.
13. **Replication:** Once your kit is complete, make several copies. Distribute them to key people and locations, such as your Power of Attorney or Healthcare Proxy, a close coworker, a friend whose house you frequent.

By taking time to carefully prepare and maintain your Emergency Preparedness Kit, you're taking an essential step to ensure that you receive the best possible care during an emergency.