Emergency Wallet Card

Print, fill in, cut out, and carry — it speaks for you when you can't

How to use: Fill in the blanks below, then print (cardstock works best). Cut out both card faces along the dashed lines, fold or glue, or slip them into a wallet card sleeve. In an emergency, an EMT or hospital can read what you can't always say.

FRONT

MEDICAL ALERT — CHEMICAL SENSITIVITY

I have Multiple Chemical Sensitivity (MCS / TILT)

Exposure to fragrances and common chemicals causes real, physical reactions for me — this is a recognized physiological condition, not anxiety. Please use fragrance-free care and minimize chemical exposure around me.

NAME: _____

EMERGENCY CONTACT:
_____

✂ *cut along the dashed line*

BACK

MY TOP TRIGGERS:
_____

_____
_____

WHAT HELPS ME:
_____

MEDICATIONS / SUPPLIES I TOLERATE:
_____

DOCTOR: _____ **PHONE:**
_____

✂ *cut along the dashed line*

Educational template only — not medical advice. This card communicates your own information to others in an emergency; it does not diagnose, prescribe, or guarantee any particular treatment. Discuss your emergency plan and any drug or material sensitivities with your clinician. © 2026 MCSDisability.com.