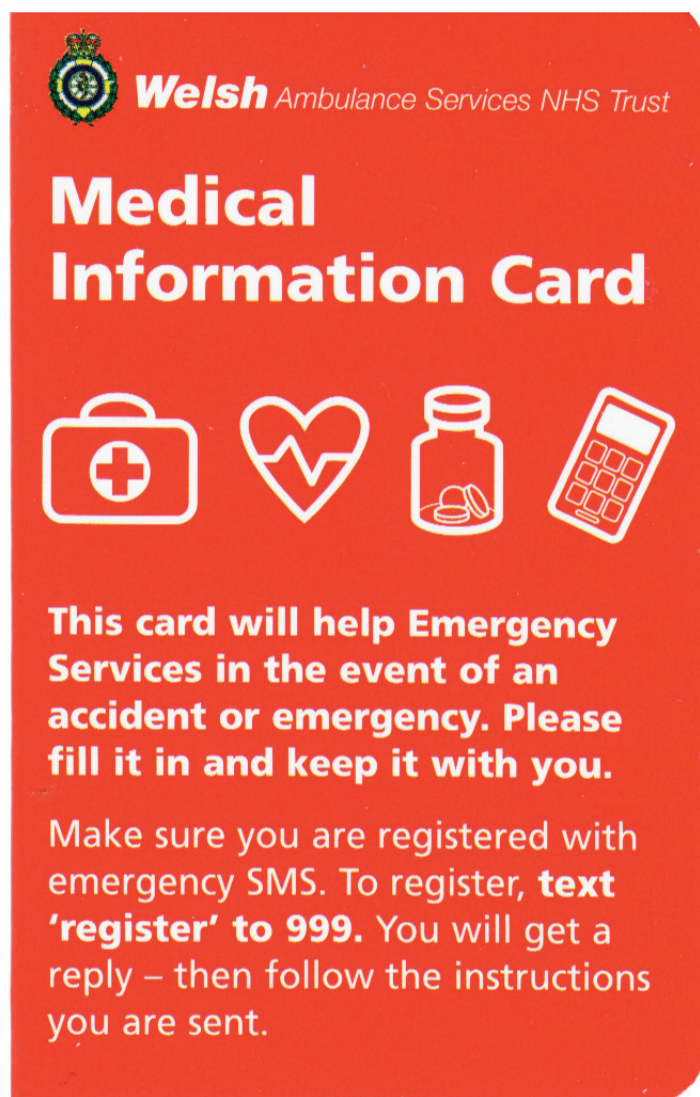


Are you deaf or hard of hearing?

Read this important information about the Ambulance Service in Wales.



The Welsh Ambulance Service has made a Medical Information card for people who are deaf or hard of hearing.

The card will help you give important information to paramedics and other emergency staff if there is an accident or emergency.

To get a card visit the Deaf and Hard of Hearing section of the website.

www.ambulance.wales.nhs.uk

You will need to fill as many details as you can on the card and keep it with you at all times. Remember to give the card to the emergency service when they arrive.

(If you fill in the Welsh side of the card please fill in the English side too as the paramedic who helps you may not be able to read Welsh).

The information inside the card will include your name, any medical problems and allergies and any medication you take.

If you need to contact the Ambulance Service in an emergency you can now contact the Ambulance Service using text messages through a service called **emergencySMS**. You must be registered to use this service. **To join, text the word 'register'** to 999. You will get a reply - then follow the instructions you are sent.