

Some suggestions of what to think about and take into hospital in case of urgent admission

Bear in mind that at the moment you cannot be accompanied; you may have a long wait in A & E which is furnished sparsely and no magazines! If admitted visitors may not be permitted but do ask for the chaplain!

Item	Notes	In bag	OR Where to find
Bag	A holdall with zip probably best labelled with your name and dob (not your address on the outside)		
Identity	Piece of paper with your name, address, dob, contact number		
Next of kin/neighbour details / Keyholder	Name, address and phone number		
GP details	Name, address and phone number		
National Insurance Number NHS Number	If you know it If you know it		
If you have a children And/or pets	Plan A - Plan B - (It would be a good idea to compile a separate list of routines, likes and dislikes etc)		
Slippers and outdoor shoes	Avoiding touching the floor with bare feet is vital		
Night ware and undies Just a few	There's always hospital robe		
Toilet bag with basics	Soap, toothbrush & paste, comb/brush, shaving kit		
Plastic bags	For dirty washing		
List of current medication List of medical conditions	Plus a few day's supply If not obvious from list of medications		
Phone & charger			
Spectacles & case			
Hearing aid & batteries			
Dentures	And cleaning stuff		
Lip balm, tissues, hand cream Hand sanitising gel	And face coverings/mask		
Coat & or blanket	It can be chilly in A & E as ventilation needed.		
A little money, NOT MUCH	Maybe enough for taxi home		
Book/magazines/knitting/Bible Water & Snacks	Be prepared to wait There may be a vending machine		
Church contact details	Canon Janet Chapman 0121 477 3111 Revd Theresa Morton 07557472096 Parish Office 0121 475 1518		
A note to put through neighbour's door especially if they are a keyholder	Include your date of birth (needed if for anyone to enquire about you in hospital) and church contact details.		

This has been compiled by members of St Laurence Church, Northfield as part of our 'Plan for the worst but pray for the best' response to the CV19 Pandemic. You are welcome to share it and adapt it for your own use.

Electronic copies can be found on our website www.stlaurencenorthfield.org

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