



It could save your life

‘**Message in a Bottle**’ is a simple way to share medical information and caring responsibilities in an emergency



- 1 Pick up a ‘**Message in a Bottle**’ from your local carer organisation centre
- 2 Fill in your medical information and caring responsibilities
- 3 Store in your fridge!
- 4 Make sure you routinely update your information



For more information visit:

<https://www.wypartnership.co.uk/messageinabottle>