

# What You Should Know About

\_\_\_\_\_’s Bleeding Disorder

Insert child's  
photo here

My bleeding disorder type and severity:

My medicine:

My current dose and **when** I receive my medicine:

This is **how** I receive my medicine:

Allergies:

Emergency Contact:	Phone Number:	Emergency Contact:	Phone Number:

## What you need to know about my bleeding disorder:

- I am a normal child who happens to have a bleeding disorder. Please don't treat me any differently.
- If I say something hurts, trust me — I can often feel it before it can be seen. I need to call my parents immediately.
- Most cuts are not a problem and just need basic first aid.
- Bruises that are tender, but not too painful, typically do not need to be treated.
- Ice is good! Please ice the injured area for 15-20 minutes.



### EMERGENCY SITUATIONS:

Call my parents and/or 911 immediately if I get hurt in my: head, neck, throat, abdomen or eyes.  
Try your hardest to remain calm. If you are anxious, then so am I.

Learn more about bleeding disorders at [www.hemophiliafed.org](http://www.hemophiliafed.org).