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Important information/medications

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Emergency phone number

\_\_\_\_\_  
Date of birth

\_\_\_\_\_  
Name

 **IN AN EMERGENCY**

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 **IN AN EMERGENCY**

## I HAVE POTS

I have postural orthostatic tachycardia syndrome.  
My autonomic nervous system doesn't work properly.

This means my body can't control my heart rate and circulate my blood properly.  
If I'm having trouble, please sit me down in a quiet place – or if possible, lie me down somewhere. Please keep calm



I may briefly become unconscious, but it isn't dangerous. Leave me in a horizontal position and I'll come back around in just a moment.

[www.pots-dsyaonomie.net](http://www.pots-dsyaautonomie.net)

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