

Emergency Contact Sheet

FOR EMERGENCY SERVICES: DIAL 911

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family, babysitters, and others know that it is available.

EMERGENCY NUMBERS

Poison Control Center: **1-800-222-1222**

Hospital Name: _____ Phone: _____

Doctor's Name: _____ Phone: _____

Dentist's Name: _____ Phone: _____

Pharmacy Name: _____ Phone: _____

Health Insurance Plan: _____

Policy #: _____ Phone: _____

FAMILY CONTACT NUMBERS

Parents' Names: _____

Kids' Names: _____

Address: _____

City: _____

State: _____

Zip: _____

Home Phone: _____

Mom Cell #: _____

Mom Work #: _____

Dad Cell #: _____

Dad Work #: _____

Emergency Contact 1

Name: _____

Relationship: _____

Phone: _____

Emergency Contact 2

Name: _____

Relationship: _____

Phone: _____

In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.

