



Emergency Contact List

Create a wallet-sized emergency contact list for everyone in your family to carry. It should include at least one out-of-state relative or friend. Such lists aren't useful just for you: Rescue workers can use them to get in touch with someone on your behalf when you can't.

IN CASE OF EMERGENCY	IN CASE OF EMERGENCY	IN CASE OF EMERGENCY
NAME DOB	NAME DOB	NAME DOB
ADDRESS	ADDRESS	ADDRESS
PHONE BLOOD TYPE	PHONE BLOOD TYPE	PHONE BLOOD TYPE
HEALTH INSURANCE POLICY #	HEALTH INSURANCE POLICY #	HEALTH INSURANCE POLICY #
EMERGENCY CONTACTS	EMERGENCY CONTACTS	EMERGENCY CONTACTS
NAME PHONE	NAME PHONE	NAME PHONE
NAME PHONE	NAME PHONE	NAME PHONE
DOCTOR PHONE	DOCTOR PHONE	DOCTOR PHONE

MEDICAL CONDITIONS	MEDICAL CONDITIONS	MEDICAL CONDITIONS
.....
.....
MEDICATIONS	MEDICATIONS	MEDICATIONS
.....
.....
ALLERGIES	ALLERGIES	ALLERGIES
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Fill in the information using Adobe Acrobat before printing or print and write it in. Fold on the dashed line so that the information faces out.