



Family Emergency Plan

Fill out this plan together with your family and keep it within reach (refrigerator, go bag). Review it every 6 months.

1. Emergency contacts

| CONTACT | NAME / REFERENCE | PHONE |
|------------------------------|-----------------------------|-------|
| General emergency line | Public service (nationwide) | 911 |
| Local emergency management | | |
| Doctor / Primary care office | | |
| Trusted neighbor | | |
| Relative outside the region | | |

The relative outside the region is key: when local networks are overloaded or down, it's often easier to reach someone who lives farther away.

2. Family members

| | |
|-------------------------|-------------------------|
| NAME | NAME |
| DATE OF BIRTH | DATE OF BIRTH |
| BLOOD TYPE | BLOOD TYPE |
| ALLERGIES / MEDICATIONS | ALLERGIES / MEDICATIONS |
| SPECIAL NEEDS | SPECIAL NEEDS |
| NAME | NAME |
| DATE OF BIRTH | DATE OF BIRTH |
| BLOOD TYPE | BLOOD TYPE |
| ALLERGIES / MEDICATIONS | ALLERGIES / MEDICATIONS |
| SPECIAL NEEDS | SPECIAL NEEDS |

3. Meeting point

MEETING POINT NEAR HOME (E.G., STREET CORNER, SQUARE, NEIGHBOR'S DOORWAY)

ALTERNATE MEETING POINT OUTSIDE THE NEIGHBORHOOD (IN CASE THE FIRST ONE ISN'T REACHABLE)

It helps to have two: one nearby so you can gather quickly, and one outside the neighborhood in case the area is cut off or unsafe.

4. Communication plan

In an emergency, local networks (cell and data) are usually overloaded or down in the first few minutes. Choose **one contact outside the region** as the central hub: instead of calling each other, every family member calls or texts this

person, who then gathers all the information in one place.

CENTRAL CONTACT OUTSIDE THE REGION — NAME AND PHONE

5. Escape routes and shelters

ESCAPE ROUTE FROM HOME NO. 1

ESCAPE ROUTE FROM HOME NO. 2 (ALTERNATE)

COMMUNITY SHELTER / SAFE GATHERING POINT (E.G., GYM, SCHOOL)

6. Utility shutoffs

Note where the shutoff valves are. In the event of a leak, flood, or electrical hazard, shutting things off in time prevents bigger damage.

MAIN GAS VALVE — LOCATION

MAIN WATER VALVE — LOCATION

BREAKER PANEL (MAIN SWITCH) — LOCATION

NOTES (TOOLS NEEDED, TURN DIRECTION...)

7. Go bag (grab bag) — where is it?

BAG LOCATION (E.G., HALL CLOSET, CAR TRUNK)

Quick contents check

- Water and a way to treat it
- Flashlight with spare batteries
- Radio (battery-powered or hand-crank)
- First-aid kit
- Copies of important documents
- Cash (small bills)
- Charger / power bank for your phone

Don't have a personal plan yet?

Build a tailored plan in 5 minutes based on your household, region, and number of people.

emergencykitlab.com/planner