



Emergency Cards

Fill them out, cut along the dotted line, and have each family member carry their own card in a wallet or backpack. Useful when you're left without a phone or battery.

My details and contacts

First and last name: _____

My phone number: _____

Contact outside the region: _____

Blood type: _____

Allergies / Medications: _____

✂ cut here

Family meeting point

Meeting point nearby (street/square):

How to get there: _____

Alternate meeting point (farther away):

Central family contact: _____

Their phone number: _____

✂ cut here

Important phone numbers

Emergency line: 911

Emergency management: _____

Primary care office: _____

Trusted neighbor: _____

Other (gas, water, electric): _____

If you find me

For a child or an older person to carry with them.

My name is: _____

I live in: _____

Please call: _____ (Tel. _____)

Important medical info: _____