

Family Emergency Contact List

Fill it in, put it on the fridge, tell everyone in the house where it is.

Our household

Our address — written out the way you'd say it to a 911 dispatcher

Home / internet phone (if any)

Wi-Fi network + password (for anyone helping at the house)

Parents & guardians

Name

Name

Cell

Cell

Work / other

Work / other

Backup adults — who can help when we're unreachable

Name

Relationship

Phone

Name

Relationship

Phone

Name

Relationship

Phone

Emergency services

911

Emergency

1-800-222-1222

Poison Control

Police non-emergency line

Medical

Pediatrician

Family doctor

Dentist

Pharmacy

Insurance carrier + member number

The kids' world

School office

Aftercare / daycare

House & help

Neighbor with a key

Vet

Utility emergency lines (gas / electric / water)