KEEP ON THE FRIDGE DOOR

Emergency Contacts

Who to call and what they need to know, on one page anyone can find.

HOUSEHOLD _____ UPDATED ON _____

HOME ADDRESS (TO READ OUT TO EMERGENCY SERVICES) _____

WHO TO CALL FIRST

NAME	RELATIONSHIP	PHONE	NOTES

MEDICAL AT A GLANCE

NAME	ALLERGIES & ALERTS	MEDICATIONS	DOCTOR & PHONE

USEFUL NUMBERS

LOCAL EMERGENCY NUMBER _____ POISON CONTROL _____

FAMILY DOCTOR _____ PHARMACY _____

VETERINARIAN _____ INSURANCE COMPANY _____

NEIGHBOR WITH A SPARE KEY _____ WORK / SCHOOL _____

> **Do not write here:** passwords, Social Security numbers or full account numbers. This sheet is meant to be seen.
> In the US, Poison Control is 1-800-222-1222. Check the right numbers for where you live.