



# Emergency Contacts

IMPORTANT INFO · KEEP POSTED BY THE PHONE



Print this and post it where babysitters, grandparents, and older kids can find it fast. Update yearly.

## FAMILY

### FAMILY MEMBER 1

NAME

PHONE

ALLERGIES / MEDS

DOCTOR + #

### FAMILY MEMBER 2

NAME

PHONE

ALLERGIES / MEDS

DOCTOR + #

### FAMILY MEMBER 3

NAME

PHONE

ALLERGIES / MEDS

DOCTOR + #

### FAMILY MEMBER 4

NAME

PHONE

ALLERGIES / MEDS

DOCTOR + #

## EMERGENCY NUMBERS

Fire / Police / Ambulance

911

Poison Control (US)

1-800-222-1222

Pediatrician

Pharmacy

Local hospital

Insurance company + member #

Dentist

Veterinarian

Trusted neighbor

Trusted family member

School main office