

# Emergency Contact Sheet

**FOR EMERGENCY SERVICES: DIAL 911**

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family, babysitters, and others know that it is available.

## EMERGENCY NUMBERS

Poison Control Center: **1-800-222-1222**

Hospital Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Dentist's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Health Insurance Plan: \_\_\_\_\_

Policy #: \_\_\_\_\_ Phone: \_\_\_\_\_

## FAMILY CONTACT NUMBERS

Parents' Names: \_\_\_\_\_

Kids' Names: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mom Cell #: \_\_\_\_\_ Mom Work #: \_\_\_\_\_

Dad Cell #: \_\_\_\_\_ Dad Work #: \_\_\_\_\_

Emergency Contact 1

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact 2

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_



from Nemours

In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.

