Who to Call EMERGENCY CONTACTS

When phones die and nerves are frayed, nobody remembers numbers. Write them here, keep a copy in every 72-hour kit, and have the kids practice saying the important ones out loud.

EMERGENCY	POISON CONTROL	POLICE (NON-EMERGENCY)	FIRE (NON-EMERGENCY)
911	1-800-222-1222		

OUR FAMILY

Name	Cell phone	Work or school	Phone there	Address there

OUT-OF-STATE CONTACT

Name: _____

Relationship: _____

Cell: _____

Other phone: _____

Email: _____

LOCAL EMERGENCY CONTACT

Name: _____

Relationship: _____

Cell: _____

Other phone: _____

Email: _____

NEIGHBORS

Name	Address	Phone	Can help with / may need help with

MAMA TIP Save your out-of-state contact in every phone as "ICE" (in case of emergency), and tape this list inside a kitchen cabinet too.

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Who to Call
EMERGENCY CONTACTS

DOCTORS & DENTISTS

Doctor / office	For who	Phone	Address

PHARMACY

Name: _____

Phone: _____

Address: _____

Hours: _____

VETERINARIAN

Clinic: _____

Phone: _____

After-hours / emergency: _____

Address: _____

UTILITIES

Service	Company	Account #	Phone to report outage
Electric			
Gas / propane			
Water / sewer			
Internet / phone			
Trash			

INSURANCE

Policy	Company	Policy #	Phone / agent
Home / renters			
Auto			
Health			
Dental / vision			
Life			

CHURCH, WORK & OTHER

Name	Phone	Notes

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