


## Emergency Info for Parents and Caregivers

The best time to prepare for an emergency is before it happens. Fill out this sheet, and post it near each phone. Make sure to update this page often. And because emergencies can happen on the go, too, keep a copy of the [travel-sized version](#) in your wallet, purse, first-aid kits, and in each family vehicle.

Emergency Numbers	Family Contact Numbers
Emergency Services: 911 or <input type="text"/>	Home #: <input type="text"/>
 Poison Control Center: <b>(800) 222-1222</b>	Mom's Work #: <input type="text"/>
Ambulance: <input type="text"/>	Dad's Work #: <input type="text"/>
Fire: <input type="text"/>	Mom's Cell #: <input type="text"/>
Police: <input type="text"/>	Dad's Cell #: <input type="text"/>
Hospital Emergency Dept: <input type="text"/>	Emergency Contact Name: <input type="text"/>
Doctor's Name: <input type="text"/>	Emergency Contact #: <input type="text"/>
Doctor's #: <input type="text"/>	Relationship: <input type="text"/>
Dentist's Name: <input type="text"/>	Emergency Contact Name: <input type="text"/>
Dentist's #: <input type="text"/>	Emergency Contact #: <input type="text"/>
Pharmacy #: <input type="text"/>	Relationship: <input type="text"/>
Health Insurance Plan: <input type="text"/>	<b>Home Address:</b> <input type="text"/>
Health Insurance Policy #: <input type="text"/>	<b>Family Medical Conditions:</b> <input type="text"/>
Health Insurance Company #: <input type="text"/>	

**For Babysitters and Caregivers**

**Child's Full Name:**

**Date of Birth:**

**Blood Type:**

**Allergies:**

**Medical Conditions:**

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