

## Emergency contacts

Tear this page out and keep someplace handy. In the event of an emergency, you may not think clearly enough to remember your own address. It is important to completely fill out all of the following:

**Your Information:** Address: \_\_\_\_\_  
Telephone number: \_\_\_\_\_  
Cell phone number: \_\_\_\_\_  
Employer: \_\_\_\_\_  
Employer address: \_\_\_\_\_  
Employer telephone number: \_\_\_\_\_

**Emergency:** 911

**Poison control:** 1-800-222-1222

**Statewide health information and referral hotline:** Call 211info at 1-800-723-3638 or dial 211

**Medical information:** Doctor's name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone number: \_\_\_\_\_

**Babysitter:** Babysitter's name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone/cell numbers: \_\_\_\_\_

**Emergency contacts:** Relative or friend's name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone/cell numbers: \_\_\_\_\_

Relative or friend's name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone/cell numbers: \_\_\_\_\_

Other name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone/cell numbers: \_\_\_\_\_

**Insurance:** Health Insurance Company: \_\_\_\_\_  
Telephone number: \_\_\_\_\_  
Insurance policy number: \_\_\_\_\_