






Emergency Contact List

Create a wallet-sized emergency contact list for everyone to carry that includes at least one out-of-state relative or friend. Program the contact into your phone as ICE ('in case of emergency'). Rescue workers are trained to look for that number.

IN CASE OF EMERGENCY	IN CASE OF EMERGENCY	IN CASE OF EMERGENCY
NAME DOB	NAME DOB	NAME DOB
ADDRESS	ADDRESS	ADDRESS
PHONE BLOOD TYPE	PHONE BLOOD TYPE	PHONE BLOOD TYPE
HEALTH INSURANCE POLICY #	HEALTH INSURANCE POLICY #	HEALTH INSURANCE POLICY #
EMERGENCY CONTACTS	EMERGENCY CONTACTS	EMERGENCY CONTACTS
NAME PHONE	NAME PHONE	NAME PHONE
NAME PHONE	NAME PHONE	NAME PHONE
DOCTOR PHONE	DOCTOR PHONE	DOCTOR PHONE
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MEDICAL CONDITIONS	MEDICAL CONDITIONS	MEDICAL CONDITIONS
.....
.....
MEDICATIONS	MEDICATIONS	MEDICATIONS
.....
.....
ALLERGIES	ALLERGIES	ALLERGIES
.....
.....
		

Fill in the information using Adobe Acrobat before printing or print and write it in. Fold on the dashed line so that the information faces out.