

Family emergency contacts

A short list your household can find and use.

Need immediate help in the U.S.? Call 911 first.

For immediate police, fire or medical help. Follow the dispatcher's instructions.

Call if you can; text 911 if you cannot call, where available.

Use these contacts for routine help and family updates.

Last reviewed _____ Recheck after a change in details.

01 First person to contact

Name	Relationship	Phone (include area code)
_____	_____	_____

Help agreed _____

02 Backup if the first person is unavailable

Name	Relationship	Phone (include area code)
_____	_____	_____

Help agreed _____

03 Nearby helper

Name	Relationship	Phone (include area code)
_____	_____	_____

Help agreed _____

04 Out-of-area check-in person

Name	Relationship	Phone (include area code)
_____	_____	_____

Help agreed _____

Before you share

Ask each person first. Check the numbers. Save them in your phone.

Keep a paper copy with you and one in an agreed place at home.

Share only with people who need it. Replace outdated copies.