

Emergency Contact Sheet

In an emergency, having quick access to important contact information can be life-saving. Fill out this emergency contact sheet and keep it in your survivor journal or emergency kit.

1. Personal Information

Name: _____

Address: _____

Phone Number: _____

Date of Birth: _____

2. Emergency Contacts

Primary Contact

Name: _____

Relationship: _____

Phone Number: _____

Alternate Phone Number: _____

Secondary Contact

Name: _____

Relationship: _____

Phone Number: _____

Alternate Phone Number: _____

3. Medical Information

Doctor's Name: _____

Phone Number: _____

Allergies: _____

Medications: _____

Medical Conditions: _____

4. Utility and Service Contacts

Electric Company: _____

Phone Number: _____

Gas Company: _____

Phone Number: _____

Water Company: _____

Phone Number: _____

Insurance Company: _____

Phone Number: _____

Policy Number: _____

5. Other Important Contacts

Neighbor/Friend: _____

Phone Number: _____

Local Emergency Services: _____

Phone Number: _____

Conclusion

Make sure to fill out this emergency contact sheet and keep it in an accessible place. Update the

information regularly to ensure it remains accurate. In an emergency, this sheet can help you or others quickly contact the people and services you need.