

# Emergency Contact Information Cards

You and each family member should carry this card at all times



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## EMERGENCY CONTACT INFORMATION CARD

- ◆ After a major disaster, local phone service may be limited, so phone your out-of-area contact to keep in touch with your family
- ◆ Listen to the radio or TV for phone-use instructions, then call your contact person to say how you are, where you are and what your plans are
- ◆ Keep the call short and, if possible, arrange to call back at a specified time for another check-in



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### TIP:

**Plan for each family member to call or e-mail your out-of-area contact in the event of an emergency. Let them know if you are okay, where you are located and when you will be calling them back. Teach young children how to make this call as well.**

# Emergency Contact Information Cards

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<b>Out-of-area contact</b> Name: _____ City/Province: _____ Phone: _____ _____	<b>Out-of-area contact</b> Name: _____ City/Province: _____ Phone: _____ _____
<b>Places to meet family</b> Working days location: <i>daytime:</i> _____ <i>evening:</i> _____  Non-working days location: <i>daytime:</i> _____ <i>evening:</i> _____	<b>Places to meet family</b> Working days location: <i>daytime:</i> _____ <i>evening:</i> _____  Non-working days location: <i>daytime:</i> _____ <i>evening:</i> _____
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## TIP:

If you have or a family member has physical, medical, sensory or cognitive disabilities, or require(s) extra assistance, be sure to establish a support network of friends, relatives, health-care providers, co-workers and neighbours who understand these special needs.

