Information for my Emergency Plan

Fill out this sheet and keep in a location where you and others can find it. Update it as needed keep a copy in your emergency survival kit. Share the information with key members or your support network.

My Support Network

List the people who already assist you and others who could help you in an emergency: doctors, pharmacists, personal support workers, in-home health-care workers (including back-up providers), as well as family members, friends and neighbours.

Name	Organization or Relationship	Contact Number(s)	Notes

My Safe Locations

In an emergency, you may need to leave your home. List two locations you would go to, one close, the other one farther away. An example would be to go to your community centre (Carlow/Mayo).

Location #1 &	
Address	
Location #2 &	
Address	

Location of my Emergency Survival Kit

Make a note of where your kit is stored, so others can find it easily if they are assisting you.

Location of my Emergency Survival	
Kit	

My Family Communication Plan

In emergencies, local telephone and email networks can be affected. Identify someone outside your community whom you and other family members can contact to connect and share information. If an out-of-town choice is not available, consider a community or cultural centre.

Name		Contact Information (Phone, Email)	
Contact Name #1			
Contact Name #2			

Important Medical Information

For each person in your household, note any medical conditions and special needs, as well as medications and devices.

Occupant Name	Medical Conditions/Allergies/Special Needs	Notes

Occupant Name	Medication or Device	Notes (where supply is stored, batteries, other necessary instructions)	Doctor & contact number