

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	
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