

Printable Emergency Contact Card

Fill in, print, cut along the guides, and keep one card with each go bag or wallet.

EMERGENCY CONTACT CARD

NAME _____

ADDRESS _____

CELL PHONE _____ HOME PHONE _____

EMERGENCY CONTACT 1 _____ PHONE _____

EMERGENCY CONTACT 2 _____ PHONE _____

MEDICAL CONDITIONS / ALLERGIES _____

MEDICATIONS _____ DOCTOR / PHARMACY _____
If local calls fail, try texting.

OUT-OF-TOWN & LOCAL RESOURCES

OUT-OF-TOWN CONTACT NAME _____ PHONE _____

EMAIL _____ ADDRESS _____

Family meet-up locations _____

NEAR HOME _____ OUTSIDE NEIGHBORHOOD _____

PUBLIC EMERGENCY CONTACTS _____

FIRE / CAL FIRE _____ SHERIFF / POLICE _____

COUNTY EMERGENCY AGENCY _____ POWER / GAS / WATER _____

LOCAL ALERT SYSTEM _____ RADIO STATION / NEWS _____

Share copies with contacts; update before printing extras.

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Use this card with your emergency plan:

1. Write down emergency contacts, including one out-of-town contact.
2. Add public contacts such as fire/CAL FIRE, sheriff/police, utility companies, and county emergency agency.
3. Carry identification and key medical details; update the card whenever contact information changes.
4. During a disaster, text if local phone calls cannot get through.