

Prepare for crisis

Keep a magnetic notepad of all your emergency contact numbers on your refrigerator next to your phone or on speed dial.

To prepare for a possible crisis, you can gather together certain information. Fill in the information below and keep this sheet in a safe, easy-to-remember spot. This will make it easy to find whenever it is needed. Bring this sheet with you during an emergency.

PEDIATRICIAN

NAME

PHONE NUMBER

MENTAL HEALTHCARE PROVIDER(S)

NAME

PHONE NUMBER

NAME

PHONE NUMBER

CURRENT TREATMENT PLAN

OTHER CO-EXISTING CONDITIONS (IF ANY)

ALLERGIES

ANY PAST EMERGENCY SITUATIONS AND THE RESULTS

YOUR CHILD'S HEALTH INSURANCE INFORMATION

HEALTH INSURANCE COMPANY

PLAN NAME

IDENTIFICATION NUMBER:

NOTES