Family emergency contacts

A short list your household can find and use.

Need immediate help in the U.S.? Call 911 first.

For immediate police, fire or medical help. Follow the dispatcher's instructions.
Call if you can; text 911 if you cannot call, where available.

For routine help and family updates. If no reply, try the backup.

Last reviewed _____ Check roles and numbers before relying on this sheet.

01 First person to contact

Name _____ Relationship _____ Phone (include area code) _____

Help agreed; limits _____

02 Backup if the first person is unavailable

Name _____ Relationship _____ Phone (include area code) _____

Help agreed; limits _____

03 Nearby helper

Name _____ Relationship _____ Phone (include area code) _____

Help agreed; limits _____

04 Out-of-area check-in person

Name _____ Relationship _____ Phone (include area code) _____

Help agreed; limits _____

Before you share

Ask each person first. Check the numbers. Save them in your phone.
Keep a paper copy with you and one in an agreed place at home.
Share only with people who need it. Confirm old copies are replaced.

Guidance: National 911 Program | National Weather Service
US Letter 8.5 x 11 in | Print at actual size | Complete privately by hand
Call order and copy checks: dearfile.com/blog/templates/family-emergency-contacts