

EMERGENCY CONTACTS GUIDE

Important Helpline Numbers You Should Always Keep

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1. INTRODUCTION TO EMERGENCY PREPAREDNESS

Why Emergency Contacts Matter

Emergency situations can occur without warning, leaving you with little time to search for appropriate help. Having a comprehensive list of emergency contacts readily available can:

- Save precious time during critical situations
- Ensure you reach the right service for your specific emergency
- Provide backup options when primary services are unavailable
- Help you assist others who may be in distress
- Give peace of mind knowing help is just a phone call away

How to Use This Guide

Immediate Action Steps:

1. Keep this list easily accessible on your phone, in your wallet, and at home
2. Program the most critical numbers into your phone's emergency contacts
3. Share important numbers with family members and trusted friends
4. Update contact information regularly as services change
5. Practice using emergency services before you need them

Types of Emergencies

Life-Threatening Emergencies:

- Medical emergencies requiring immediate intervention
- Fire, explosion, or hazardous material incidents
- Violent crimes in progress
- Natural disasters and severe weather
- Major accidents with injuries

Urgent Situations:

- Mental health crises
- Domestic violence situations
- Child or elder abuse
- Utility emergencies
- Transportation emergencies

Support Services:

- Financial assistance during crises
- Legal aid for urgent matters
- Temporary shelter and food assistance
- Crisis counseling and support
- Information and referral services

Emergency Communication Tips

When Calling Emergency Services:

- Stay calm and speak clearly
- Provide your exact location

- Describe the nature of the emergency
- Follow dispatcher instructions
- Don't hang up until told to do so

Information to Have Ready:

- Your location (address, cross streets, landmarks)
 - Nature of emergency
 - Number of people involved
 - Any immediate dangers
 - Your contact information
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2. PRIMARY EMERGENCY SERVICES

Universal Emergency Number

911 - Emergency Services

- **When to Call:** Life-threatening emergencies, crimes in progress, fire, medical emergencies
- **Services Provided:** Police, Fire, Emergency Medical Services (EMS)
- **Available:** 24/7 nationwide
- **Language:** Interpreters available for non-English speakers
- **Text:** Text-to-911 available in many areas

Important Notes:

- Use only for true emergencies
- Stay on the line until dispatcher says it's okay to hang up
- Be prepared to provide your location
- Cell phone calls may route to state police rather than local departments

Police Services

Local Police Emergency: 911 Non-Emergency Police:

- Contact your local police department
- Use for reports of crimes that already occurred
- Noise complaints and minor disturbances
- Traffic accidents without injuries
- Found property reports

State Police:

- Highway emergencies and accidents
- Rural areas without local police coverage
- Interstate crimes
- Major criminal investigations

Federal Law Enforcement:

- **FBI:** 1-800-CALL-FBI (1-800-225-5324)
- **DEA:** 1-877-RX-ABUSE (1-877-792-2873)
- **ATF:** 1-800-ATF-GUNS (1-800-283-4867)
- **Secret Service:** Contact local field office
- **Border Patrol:** 1-877-USBP-HELP

Fire Department Services

Fire Emergency: 911 Non-Emergency Fire:

- Contact your local fire department
- Fire safety inspections
- Smoke detector installation programs
- Fire safety education
- Non-emergency medical transport (some departments)

Specialized Fire Services:

- Hazardous materials incidents
- Technical rescue (confined space, high-angle)
- Water rescue
- Wildfire reporting
- Carbon monoxide detection

Emergency Medical Services

Medical Emergency: 911 Non-Emergency Medical Transport:

- Contact local EMS or private ambulance services
- Scheduled medical transport
- Hospital discharge transport
- Dialysis transport

- Doctor appointment transport

Air Medical Services:

- Helicopter emergency medical services
 - Available through 911 dispatch
 - Critical trauma transport
 - Rural area emergency transport
 - Hospital-to-hospital transfers
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3. MEDICAL EMERGENCY CONTACTS

Poison Control

National Poison Control Center: 1-800-222-1222

- **Available:** 24/7, 365 days a year
- **Services:** Poisoning emergencies, overdose information, chemical exposure
- **Languages:** Multiple languages available
- **Online:** poison.org for additional resources

When to Call:

- Suspected poisoning from any source
- Drug overdose or interaction
- Chemical exposure
- Plant or mushroom ingestion
- Animal bites or stings with toxic reactions

Mental Health Crisis

National Suicide Prevention Lifeline: 988

- **Available:** 24/7 crisis support
- **Services:** Suicide prevention, mental health crisis intervention
- **Text:** Text "HOME" to 741741
- **Chat:** Online chat available
- **Languages:** Spanish and other languages available

Crisis Text Line: Text HOME to 741741

- **Available:** 24/7 text-based crisis support

- **Services:** Emotional crisis support via text message
- **Privacy:** Anonymous and confidential
- **Training:** Crisis counselors trained in text-based support

Specialized Medical Hotlines

Medicare Helpline: 1-800-MEDICARE (1-800-633-4227)

- **Services:** Medicare coverage information, complaints, fraud reporting
- **Available:** 24/7 automated services, weekday representatives
- **TTY:** 1-877-486-2048

Health Insurance Marketplace: 1-800-318-2596

- **Services:** Health insurance enrollment, subsidies, plan comparison
- **Available:** 24/7 during open enrollment
- **TTY:** 1-855-889-4325

Substance Abuse Treatment Locator: 1-800-662-4357

- **Services:** Treatment facility locator, information about addiction
- **Available:** 24/7
- **Languages:** English and Spanish
- **Online:** findtreatment.gov

Eating Disorders Awareness: 1-800-931-2237

- **Services:** Information, support, treatment referrals
 - **Available:** Monday-Thursday 9am-9pm ET, Friday 9am-5pm ET
 - **Email:** info@nationaleatingdisorders.org
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4. MENTAL HEALTH CRISIS LINES

National Crisis Lines

988 Suicide & Crisis Lifeline: 988

- **Previously:** National Suicide Prevention Lifeline
- **Services:** 24/7 suicide prevention and crisis intervention
- **Text:** Text 988
- **Chat:** 988lifeline.org

- **Languages:** English, Spanish, and other languages

Crisis Text Line: Text HOME to 741741

- **Services:** Free, 24/7 support via text
- **Response Time:** Average response under 5 minutes
- **Privacy:** Anonymous unless person is in immediate danger
- **Training:** Volunteer crisis counselors

National Alliance on Mental Illness (NAMI): 1-800-950-6264

- **Services:** Information, support, referrals for mental health
- **Available:** Monday-Friday 10am-10pm ET
- **Email:** info@nami.org
- **Website:** nami.org

Specialized Mental Health Lines

Veterans Crisis Line: 1-800-273-8255, Press 1

- **Services:** Crisis support specifically for veterans
- **Text:** Text 838255
- **Chat:** veteranscrisisline.net
- **Available:** 24/7

LGBT National Suicide Hotline: 1-866-488-7386

- **Services:** Crisis support for LGBTQ+ individuals
- **Available:** 24/7
- **Also:** LGBT National Youth Talkline: 1-800-246-7743

Trans Lifeline: 877-565-8860

- **Services:** Crisis support by and for transgender people
- **Available:** 24/7
- **Staffed:** Entirely by transgender volunteers

Postpartum Support International: 1-800-944-4773

- **Services:** Support for perinatal mental health
 - **Available:** Multiple languages
 - **Text:** English: 503-894-9453, Spanish: 971-203-7773
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5. CRIME AND SAFETY HOTLINES

Crime Reporting Lines

Crime Stoppers: 1-800-222-TIPS (8477)

- **Services:** Anonymous crime reporting
- **Rewards:** Cash rewards for information leading to arrests
- **Methods:** Phone, text, online submission
- **Languages:** Multiple languages available

FBI Internet Crime Complaint Center: ic3.gov

- **Services:** Online reporting of internet crimes
- **Types:** Fraud, scams, cybercrime, identity theft
- **Follow-up:** Cases forwarded to appropriate law enforcement
- **Available:** 24/7 online reporting

National Human Trafficking Hotline: 1-888-373-7888

- **Services:** Report suspected human trafficking
- **Text:** Text HELP or INFO to BeFree (233733)
- **Available:** 24/7
- **Languages:** 200+ languages

Identity Theft Resource Center: 1-888-400-5530

- **Services:** Identity theft victim assistance
- **Available:** Monday-Friday business hours
- **Website:** idtheftcenter.org
- **Services:** Case management, restoration support

Consumer Fraud Protection

Federal Trade Commission: 1-877-FTC-HELP

- **Services:** Consumer fraud reporting and information
- **Website:** reportfraud.ftc.gov
- **Types:** Scams, identity theft, unfair business practices
- **Languages:** English and Spanish

Better Business Bureau Scam Tracker: bbb.org/scamtracker

- **Services:** Report and track scams
- **Available:** 24/7 online reporting
- **Information:** Scam patterns and prevention tips
- **Local:** Contact local BBB offices

Securities and Exchange Commission: 1-800-732-0330

- **Services:** Investment fraud reporting
 - **Website:** sec.gov/complaint
 - **Types:** Ponzi schemes, insider trading, broker fraud
 - **Available:** Business hours
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6. DOMESTIC VIOLENCE AND ABUSE

National Domestic Violence Resources

National Domestic Violence Hotline: 1-800-799-7233

- **TTY:** 1-800-787-3224
- **Text:** Text START to 88788
- **Chat:** thehotline.org
- **Available:** 24/7
- **Languages:** 200+ languages

National Sexual Assault Hotline: 1-800-656-4673

- **Services:** RAINN (Rape, Abuse & Incest National Network)
- **Available:** 24/7
- **Chat:** online.rainn.org
- **Local:** Connects to local centers

National Dating Abuse Helpline: 1-866-331-9474

- **Text:** Text LOVEIS to 22522
- **Services:** Support for teens and young adults
- **Available:** 24/7
- **Chat:** loveisrespect.org

Specialized Abuse Hotlines

Childhelp National Child Abuse Hotline: 1-800-422-4453

- **Services:** Professional crisis counselors
- **Available:** 24/7
- **Languages:** 170+ languages
- **Reporting:** Mandatory reporting when required

National Elder Abuse Hotline: 1-855-500-3537

- **Services:** Elder abuse reporting and support
- **Available:** Monday-Friday business hours
- **Website:** ncea.acl.gov
- **Local:** Referrals to local adult protective services

National Runaway Safeline: 1-800-786-2929

- **Services:** Crisis support for runaway and homeless youth
 - **Text:** Text SAFE and location to 69866
 - **Available:** 24/7
 - **Chat:** 1800runaway.org
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7. CHILD PROTECTION SERVICES

National Child Protection

Childhelp National Child Abuse Hotline: 1-800-422-4453

- **Services:** Crisis intervention, referrals, reporting
- **Available:** 24/7
- **Languages:** 170+ languages
- **Professional:** Licensed counselors

National Child Traumatic Stress Network: nctsn.org

- **Services:** Resources for child trauma
- **Information:** Treatment provider locator
- **Education:** Parent and caregiver resources
- **Training:** Professional development

National Center for Missing & Exploited Children: 1-800-843-5678

- **Services:** Missing children reporting and recovery
- **Available:** 24/7

- **Website:** missingkids.org
- **CyberTipline:** Report online exploitation

State Child Protective Services

How to Report Child Abuse:

1. Call your state's child protective services hotline
2. Call local law enforcement (911 for emergencies)
3. Report to school officials (if school-related)
4. Contact healthcare providers
5. Use online reporting systems where available

Information to Provide:

- Child's name, age, and location
- Nature of suspected abuse or neglect
- Injuries observed
- Perpetrator information if known
- Any immediate dangers

Special Situations

School-Based Reporting:

- Contact school principal or counselor
- School social workers
- School resource officers
- Anonymous tip lines

Healthcare Provider Reporting:

- Emergency room personnel
- Pediatricians and family doctors
- Mental health professionals
- School nurses

8. SENIOR CITIZEN EMERGENCY SERVICES

Elder Abuse Prevention

National Elder Abuse Hotline: 1-855-500-3537

- **Services:** Information, support, local referrals
- **Available:** Monday-Friday 9am-8pm ET
- **Website:** ncea.acl.gov
- **Local:** State elder abuse hotlines

Adult Protective Services (APS)

- **Services:** Investigation of elder abuse, neglect, exploitation
- **Contact:** Each state has APS agency
- **Available:** 24/7 emergency response
- **Types:** Physical, emotional, financial, sexual abuse, neglect

Healthcare and Benefits

Medicare Helpline: 1-800-633-4227

- **Services:** Medicare information, enrollment, complaints
- **Available:** 24/7
- **TTY:** 1-877-486-2048
- **Languages:** Multiple languages

Social Security Administration: 1-800-772-1213

- **Services:** Benefits information, fraud reporting
- **Available:** Monday-Friday 8am-7pm
- **TTY:** 1-800-325-0778
- **Online:** ssa.gov

AARP Foundation: 1-888-687-2277

- **Services:** Benefits enrollment, tax preparation, fraud prevention
- **Available:** Various program hours
- **Website:** aarpfoundation.org

Senior Safety Services

Senior Medicare Patrol (SMP)

- **Services:** Medicare fraud prevention and reporting
- **Contact:** Local SMP programs nationwide
- **Training:** Medicare fraud detection

- **Reporting:** Suspicious Medicare activity

Meals on Wheels: mealsonwheelsamerica.org

- **Services:** Nutrition programs for seniors
 - **Contact:** Local Meals on Wheels programs
 - **Additional:** Wellness checks, social contact
 - **Emergency:** Special disaster response programs
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9. DISASTER AND NATURAL EMERGENCY

Federal Emergency Management

FEMA Disaster Assistance: 1-800-621-3362

- **TTY:** 1-800-462-7585
- **Services:** Disaster relief application, information
- **Available:** After declared disasters
- **Website:** disasterassistance.gov

American Red Cross: 1-800-733-2767

- **Services:** Disaster relief, emergency shelter, blood services
- **Available:** 24/7
- **Website:** redcross.org
- **Local:** Contact local Red Cross chapters

Salvation Army Disaster Relief: 1-800-725-2769

- **Services:** Emergency assistance, shelter, food
- **Available:** 24/7 during disasters
- **Website:** salvationarmyusa.org
- **Mobile:** Disaster relief units

Weather Emergencies

National Weather Service: weather.gov

- **Services:** Weather warnings, forecasts, alerts
- **Available:** 24/7
- **Alerts:** Wireless Emergency Alerts (WEA)
- **Radio:** NOAA Weather Radio

Emergency Alert System (EAS)

- **Services:** Emergency broadcasts on TV and radio
- **Activation:** Government authorized alerts
- **Types:** Weather, public safety, national emergencies
- **Automatic:** Interrupts regular programming

Specific Disaster Types

Earthquake Information:

- **USGS:** earthquake.usgs.gov
- **Services:** Real-time earthquake information
- **Alerts:** ShakeAlert system (West Coast)

Flood Information:

- **National Flood Insurance Program:** 1-800-427-4661
- **Services:** Flood insurance information
- **Claims:** Flood damage claims processing

Wildfire Information:

- **InciWeb:** inciweb.nwcg.gov
- **Services:** Wildfire incident information
- **Evacuation:** Local emergency management

10. POISON CONTROL AND HAZARDOUS MATERIALS

Poison Control Centers

National Poison Control Center: 1-800-222-1222

- **Available:** 24/7, 365 days
- **Services:** Poisoning emergencies, prevention information
- **Languages:** Multiple languages with interpreters
- **Online:** poison.org
- **Text:** Text poison emergencies in some areas

What to Have Ready:

- Victim's age and weight

- Container or bottle of substance
- Time of exposure
- Amount ingested or exposed to
- Victim's current condition

Chemical Emergencies

CHEMTREC: 1-800-424-9300

- **Services:** Chemical transportation emergency response
- **Available:** 24/7
- **For:** Emergency responders and transport personnel
- **International:** +1-703-527-3887

National Response Center: 1-800-424-8802

- **Services:** Chemical spill reporting (navigable waters)
- **Required:** Federal law reporting requirements
- **Coast Guard:** Marine pollution incidents
- **EPA:** Hazardous substance releases

Specific Poisoning Types

Carbon Monoxide:

- **Symptoms:** Headache, dizziness, nausea, confusion
- **Action:** Get fresh air immediately, call 911
- **Prevention:** CO detectors, proper ventilation

Medication Overdose:

- **Action:** Call poison control immediately
- **Information:** Bring medication containers
- **Emergency:** Call 911 if unconscious or severe symptoms

Household Chemical Exposure:

- **Action:** Remove from exposure, call poison control
 - **Don't:** Induce vomiting unless instructed
 - **Skin/Eye:** Flush with water for 15-20 minutes
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11. UTILITY EMERGENCY SERVICES

Electric Utility Emergencies

Power Outage Reporting:

- Contact your local electric utility
- Many utilities have mobile apps
- Report outages online
- Estimated restoration times available

Downed Power Lines: 911

- **Danger:** Assume all lines are energized
- **Stay Away:** At least 35 feet from downed lines
- **Don't Touch:** Anything touching the power line
- **Report:** All downed lines to emergency services

Gas Utility Emergencies

Natural Gas Leaks: 911 AND Gas Utility

- **Signs:** Smell of rotten eggs, hissing sound, dead vegetation
- **Action:** Leave area immediately, call from safe location
- **Don't:** Use electrical switches, open flames, phones in area
- **Evacuate:** Building or area around leak

Propane Emergencies:

- **Contact:** Propane supplier and fire department
- **Action:** Shut off gas if safe to do so, evacuate area
- **Ventilate:** Open doors and windows if inside

Water and Sewer Emergencies

Water Main Breaks:

- **Contact:** Local water utility
- **Report:** Location, severity, traffic impact
- **Safety:** Avoid driving through water

Sewer Backups:

- **Contact:** Local sewer authority or public works

- **Health:** Avoid contact with sewage
- **Cleanup:** Professional cleanup may be required

Water Quality Issues:

- **Contact:** Water utility, health department
 - **Boil Orders:** Follow official instructions
 - **Testing:** Independent testing if concerned
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12. TRANSPORTATION EMERGENCY

Highway Emergencies

****State Highway Patrol:** 911 or *HP (47)*

- **Services:** Highway accidents, disabled vehicles, road hazards
- **Available:** 24/7
- **Coverage:** Interstate and state highways
- **Response:** Emergency and non-emergency

Roadside Assistance:

- **AAA:** 1-800-222-4357 (members)
- **Insurance:** Many auto insurance companies provide roadside assistance
- **Cell Phone:** 511 for traffic information in many states

Aviation Emergencies

Federal Aviation Administration (FAA):

- **Emergency:** Air traffic control handles in-flight emergencies
- **Reporting:** Aviation safety incidents and accidents
- **Contact:** Local FAA offices for non-emergency issues

Transportation Security Administration (TSA):

- **Airport Security:** Report suspicious activity to TSA personnel
- **Contact:** TSA Contact Center: 1-866-289-9673
- **Disabilities:** TSA Cares: 1-855-787-2227

Maritime Emergencies

U.S. Coast Guard: Channel 16 VHF Radio or 911

- **Services:** Search and rescue, marine safety, environmental protection
- **Available:** 24/7
- **Coverage:** Navigable waters, Great Lakes, coastal areas
- **Reporting:** Marine accidents, pollution, safety violations

Public Transportation

Transit Police:

- **Contact:** Each transit system has police/security
 - **Emergency:** 911 or transit emergency phones
 - **Non-Emergency:** Transit customer service lines
 - **Reporting:** Suspicious activity, safety concerns
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13. FINANCIAL EMERGENCY ASSISTANCE

Government Financial Assistance

2-1-1 Helpline: Dial 2-1-1

- **Services:** Community resources, financial assistance referrals
- **Available:** 24/7 in most areas
- **Languages:** Multiple languages
- **Website:** 211.org

Benefits.gov

- **Services:** Government benefit program eligibility screening
- **Available:** 24/7 online
- **Programs:** SNAP, Medicaid, housing assistance, utilities
- **State:** Links to state-specific programs

Emergency Financial Aid

Salvation Army: 1-800-725-2769

- **Services:** Emergency financial assistance
- **Types:** Rent, utilities, food, clothing
- **Local:** Contact local Salvation Army offices
- **Eligibility:** Income and need-based

Catholic Charities: catholiccharitiesusa.org

- **Services:** Emergency assistance, social services
- **Local:** Contact local Catholic Charities offices
- **Non-Denominational:** Services available regardless of religion

United Way: unitedway.org

- **Services:** Community resource connections
- **Local:** Contact local United Way chapters
- **2-1-1:** Many United Way organizations operate 2-1-1 services

Housing and Utilities

National Low Income Housing Coalition: nlihc.org

- **Services:** Housing assistance information
- **Resources:** State housing finance agencies
- **Emergency:** Emergency rental assistance programs

Low Income Home Energy Assistance Program (LIHEAP)

- **Services:** Utility bill assistance
- **Contact:** State LIHEAP offices
- **Website:** acf.hhs.gov/ocs/programs/liheap
- **Eligibility:** Income-based

Credit and Debt Counseling

National Foundation for Credit Counseling: 1-800-388-2227

- **Services:** Free and low-cost credit counseling
- **Available:** Monday-Thursday 8am-10pm, Friday 8am-6pm ET
- **Website:** nfcc.org
- **Local:** Certified counseling agencies nationwide

Financial Planning Association: 1-800-322-4237

- **Services:** Pro bono financial planning
- **Website:** onefpa.org
- **Volunteer:** Volunteer financial planners

14. LEGAL AID AND ADVOCACY

Legal Aid Services

Legal Services Corporation: [lsc.gov](https://www.lsc.gov)

- **Services:** Free legal aid program locator
- **Available:** Civil legal issues for low-income individuals
- **Find:** Local legal aid organizations
- **Eligibility:** Income-based eligibility requirements

American Bar Association: [americanbar.org](https://www.americanbar.org)

- **Services:** Lawyer referral services
- **Pro Bono:** Pro bono program connections
- **Resources:** Legal information and self-help resources
- **Contact:** 1-800-285-2221

National Legal Aid & Defender Association: [nlada.org](https://www.nlada.org)

- **Services:** Directory of legal aid programs
- **Criminal:** Public defender information
- **Civil:** Civil legal aid resources

Specialized Legal Help

Disability Rights Advocates:

- **Contact:** Local disability rights organizations
- **Services:** ADA compliance, discrimination cases
- **Resources:** Protection and advocacy systems

Immigration Legal Aid:

- **American Immigration Lawyers Association:** [aila.org](https://www.aila.org)
- **Pro Bono:** Immigration pro bono programs
- **Legal:** Deportation defense, asylum cases

Housing Legal Aid:

- **National Housing Law Project:** [nhlp.org](https://www.nhlp.org)
- **Tenant:** Eviction defense, housing discrimination
- **Landlord:** Fair housing compliance

Advocacy Organizations

American Civil Liberties Union (ACLU):

- **Website:** [aclu.org](https://www.aclu.org)
- **Services:** Civil rights advocacy and litigation
- **Local:** State and local ACLU affiliates
- **Know Your Rights:** Rights education resources

NAACP Legal Defense Fund:

- **Website:** [naacpldf.org](https://www.naacpldf.org)
 - **Services:** Civil rights litigation
 - **Focus:** Racial justice and equality
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15. INTERNATIONAL EMERGENCY NUMBERS

Universal International Numbers

112 - European Emergency Number

- **Coverage:** All European Union countries
- **Services:** Police, fire, medical emergencies
- **Languages:** Connects to local emergency services
- **Mobile:** Works from any mobile phone

999 - United Kingdom Emergency Services

- **Services:** Police, fire, ambulance, coastguard
- **Available:** 24/7
- **Coverage:** UK, Ireland, and several Commonwealth countries

Country-Specific Numbers

Canada:

- **Emergency:** 911
- **Non-Emergency:** Local police departments
- **Provincial:** Each province has specific services

Australia:

- **Emergency:** 000
- **Police:** 131 444 (non-emergency)

- **Poison Information:** 131 126

New Zealand:

- **Emergency:** 111
- **Services:** Police, fire, ambulance
- **Languages:** Interpreter services available

Mexico:

- **Emergency:** 911
- **Tourist Assistance:** 078
- **Red Cross:** 065

U.S. Embassy and Consular Services

U.S. Citizens Abroad:

- **Emergencies:** Contact nearest U.S. Embassy or Consulate
- **Services:** Lost passports, emergency financial assistance, legal issues
- **After Hours:** Emergency contact numbers at each post
- **STEP:** Smart Traveler Enrollment Program registration

State Department:

- **Citizens' Emergency Center:** 1-888-407-4747
 - **International:** +1-202-501-4444
 - **Services:** Emergency assistance for U.S. citizens abroad
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16. CREATING YOUR PERSONAL EMERGENCY PLAN

Essential Information to Keep Handy

Personal Information:

- Full names and birthdates of family members
- Social Security numbers
- Medical conditions and medications
- Emergency contacts (local and out-of-state)
- Insurance policy numbers

Important Documents:

- Copies of identification documents
- Insurance policies
- Medical information
- Financial account information
- Legal documents (wills, power of attorney)

Emergency Kit Supplies

Basic Emergency Kit:

- Water (1 gallon per person per day for 3 days)
- Food (3-day supply of non-perishable food)
- Battery-powered or hand crank radio
- Flashlight and extra batteries
- First aid kit
- Whistle for signaling help

Additional Supplies:

- Medications and medical supplies
- Cash and credit cards
- Emergency contact information
- Local area maps
- Cell phone chargers
- Blankets and clothing

Communication Plan

Family Communication:

- Designate an out-of-state contact person
- Ensure all family members have contact information
- Plan meeting places (neighborhood and out-of-area)
- Keep contact information current

Emergency Contacts List:

- Program important numbers into all family members' phones
- Keep written copies in multiple locations
- Include work, school, and childcare contacts

- Update regularly

Special Considerations

Children:

- Teach children how to call 911
- Ensure children know their full name, address, and phone number
- Have emergency contacts for schools and childcare
- Prepare comfort items for emergency kits

Seniors:

- Medical alert systems
- Medication management
- Transportation arrangements
- Social check-in systems

Pets:

- Pet emergency kit supplies
- Pet-friendly evacuation locations
- Veterinary contact information
- Pet carrier and leash

Disabilities:

- Backup power for medical equipment
- Extra supplies of medications and batteries
- Evacuation assistance plans
- Communication devices

Practice and Updates

Regular Drills:

- Practice evacuation routes
- Test emergency equipment
- Review and update emergency plans
- Conduct family emergency meetings

Annual Reviews:

- Update contact information
- Check emergency kit supplies and expiration dates
- Review and update insurance policies
- Update emergency plans based on family changes

Digital Emergency Preparedness

Mobile Apps:

- Download emergency alert apps
- Install American Red Cross emergency apps
- Keep offline maps downloaded
- Ensure emergency contact apps are updated

Cloud Storage:

- Store copies of important documents
 - Keep emergency plans accessible online
 - Share access with trusted family members
 - Regular backups of important information
-

CONCLUSION

Having comprehensive emergency contact information readily available can mean the difference between getting help quickly and facing dangerous delays during a crisis. This guide provides you with the essential numbers and resources you need for various emergency situations.

Key Reminders

Before an Emergency:

- Program important numbers into your phone
- Keep written copies in multiple locations
- Share important numbers with family members
- Practice using emergency services
- Keep information current

During an Emergency:

- Stay calm and follow dispatcher instructions
- Provide accurate location and situation details

- Don't hang up until told it's safe to do so
- Have important information ready
- Follow emergency responder guidance

After an Emergency:

- Follow up with appropriate services
- Document any damage or injuries
- Contact insurance companies
- Seek counseling or support if needed
- Update emergency plans based on experience

Final Tips

1. **Keep Multiple Copies:** Store emergency contact information in your phone, wallet, car, and home
2. **Share with Others:** Ensure family members and trusted friends have your emergency contacts
3. **Regular Updates:** Review and update contact information at least twice yearly
4. **Practice Using Services:** Familiarize yourself with non-emergency services before you need them
5. **Stay Informed:** Sign up for local emergency alerts and notifications

Remember: In any life-threatening emergency, always call 911 first. This comprehensive contact list is designed to supplement, not replace, basic emergency services.

Emergency Contacts Guide - Your Lifeline in Crisis Situations

Version 1.0 - August 2025

Keep this information accessible at all times