

# My Emergency Contacts

*Remember: Help is always available.*



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## IMMEDIATE FAMILY:

Person 1:

Person 2:

Person 3:

Person 4:

Person 5:

Person 6:

2

## OUT-OF-STATE EMERGENCY CONTACTS (TEXT NUMBERS)

Person 1:

Person 2:

Person 3:

3

## MEDICAL NUMBERS

Person 1:

Person 2:

Person 3:

4

## INSURANCE NUMBERS

Medical:

Home:

Car:

Other:

5

## PEOPLE OF IMPORTANCE

Person 1:

Person 2:

Person 3:

Person 4:

Person 5:

Person 6:

6

## OTHER

Person 1:

Person 2:

Person 3: