

Print several copies and fill in the blanks. Keep one copy in your diaper bag or first-aid kit and stick the second on the fridge or near the phone for you, your family and your babysitters.

## Call 911 in any life-threatening emergency

|   |  |  |
|---|--|--|
| <p><b>Local emergency contact numbers</b></p> <p>Poison control centre:</p> <p>Police department:</p> <p>Fire department:</p>   | <p><b>Your family medical care</b></p> <p><b>Doctor</b></p> <p>Name:</p> <p>Phone:</p> <p><b>Dentist</b></p> <p>Name:</p> <p>Phone:</p>  | <p><b>Household information</b></p> <p>Home address:</p> <p>Phone:</p>   |
| <p><b>Parents' information</b></p> <p>Name:</p> <p>Phone:</p> <p>Work:</p> <p>Cell:</p> <p>Name:</p> <p>Phone:</p> <p>Work:</p> <p>Cell:</p>                                  | <p><b>Emergency contacts</b></p> <p>Name:</p> <p>Relationship:</p> <p>Phone:</p> <p>Work:</p> <p>Cell:</p> <p>Name:</p> <p>Relationship:</p> <p>Phone:</p> <p>Work:</p> <p>Cell:</p> | <p><b>Additional household information</b></p> <p><b>Company:</b></p> <p>Contact name:</p> <p>Phone:</p> <p><b>Company:</b></p> <p>Contact name:</p> <p>Phone:</p> <p>You might use this for an alarm company, plumber, electrician, or vet.</p> |
| <p><b>Child's information</b></p> <p>Full name:</p> <p>Date of birth:</p> <p>Weight:        as of (date)</p> <p>Provincial health card number:</p> <p>Medical conditions:</p> | <p><b>Child's information</b></p> <p>Full name:</p> <p>Date of birth:</p> <p>Weight:        as of (date)</p> <p>Provincial health card number:</p> <p>Medical conditions:</p>        | <p><b>Child's information</b></p> <p>Full name:</p> <p>Date of birth:</p> <p>Weight:        as of (date)</p> <p>Provincial health card number:</p> <p>Medical conditions:</p>  |