Emergency contacts card for your fridge

Important numbers where everyone can see them

Service	Number
Emergency (police, fire, ambulance): 911	
Suicide & Crisis Lifeline: call or text 988	
Poison Control: 1-800-222-1222	
National Domestic Violence Hotline: 1-800-799-7233	
Local resources and services: 211	

My contacts	Phone
Primary care doctor	
Close contact 1	
Close contact 2	
Neighbor	
Pharmacy	

Check that numbers are up to date. Allergies, conditions, medications: _____