

personal emergency plan



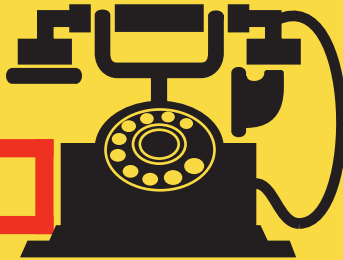
YOU CAN DO THIS, JUST CHECK OFF THE BOXES.



Do you have someone who could check in on you if an emergency happened?

WHO IS IT?

What is the **PHONE NUMBER(s)** of your buddy?

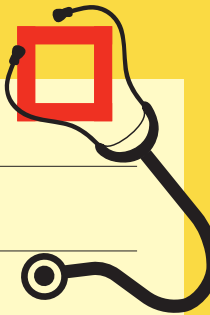




Now write down any **MEDICATION** you need to sustain life.



Who is your **MEDICAL PROVIDER?**



Thank you for being prepared!
This plan will help others (including first responders) to better assist you in the event of an emergency.

What medical **EQUIPMENT** would you need in case of an emergency evacuation?





Who is your **NEXT OF KIN?**



What else does your buddy need to know?