

My Emergency Plan – My Name:

Important Telephone Numbers (indicate (C) for Cell, (H) for Home, (W) for Work)

My Contact Information Name:		Address: Telephone:
Local – who to contact in case of Emergency Name:		Telephone:
Out-of-Town – who to contact in case of Emergency Name:		Telephone:
Caregiver Name:		Telephone:
Primary Healthcare Provider Name:		Telephone:
Pharmacy Name:		Telephone:
Medical Equipment Supplier Name:		Telephone:
Health Plan Name:		Telephone: My ID Number:
Home Health/Care/Services Provider Name:		Telephone:
Family/Friend Network #1 Name:		Telephone:
Family/Friend Network #2 Name:		Telephone:
Family/Friend Network #3 (Out-of-Town) Name:		Telephone:
Veterinarian Name:		Telephone:
Special Medical Needs Sheltering Information		Telephone: 211
Police/Sheriff - 911 Local/Direct #-	Fire - 911 Local/Direct #-	EMS - 911 Local/Direct #-
Electric Macon: 888- - (GA Power) Warner Robins: 478-929-1144 or 888-354-6836 (Flint) Other:	Gas Macon: 877-427-4321 (Atlanta Gas) Warner Robins: 911 or 478-929-1903 Other:	Water Macon: 478-464-5600 Warner Robins: 911 or 478-929-1903 Other:
American Red Cross Central Georgia: 478-743-8671	Health Department	Emergency Management



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Medications

Prescribing Physician - Name and Telephone:

Pharmacy where Prescriptions on File – Name and Telephone:

Medications I am allergic to:

Medication	When I take it	How much I take	Other instructions

I have a special medical need (please describe):

Medical Equipment Instructions

Equipment:	Manufacturer	Model/Serial Number
Instructions for use:		
Equipment:	Manufacturer	Model/Serial Number
Instructions for use:		



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Emergency Supply Kits

Basic:

- Batteries
- Blankets
- Bottled water, 3-day supply, 1-gal/person/day
- Can opener, manual
- Cash and extra keys
- Cell phone, with charger adapters
- Chlorine bleach, unscented
- Clothes, extra, seasonal
- Denture supplies
- Duct tape
- Extra eyeglasses, contact lenses
- Flashlight, battery or crank-powered and key-ring
- Food, nonperishable, 3-day supply, include special dietary needs
- Games, books
- Gloves, heavy
- Hand sanitizer, alcohol based
- Matches in waterproof container
- Multipurpose (ABC) fire extinguisher
- Pail, with tight cover
- Paper towels
- Plastic garbage bags with ties
- Radio, battery or crank-powered
- Soap
- Toothbrush and paste
- Whistle (to call for help)
- First-Aid Kit:
 - bandaids, 2x2's, 4x4's, tape, elastic bandages, digital thermometer, scissors, tweezers, alcohol wipes, disposable gloves, cotton balls, skin cleaner, bite/antibiotic ointments
 - aspirin/Tylenol, cough syrup, antihistamines, decongestants, antacids, anti-diarrheals
- Pet/Service Animal Supplies:
 - photo with pet's name, food, water, bowls, collar with ID tag, leash, carrier, waste supplies

Essential Documents (COPIES):

- Licenses and other ID's
- Social security card
- Immunization records
- Birth, marriage, death certificates
- Health insurance cards
- Insurance policies
- Wills, contracts, deeds
- Credit cards
- Bank account records
- Important telephone numbers
- Medication and Medical Equipment list
- Pet/Service Animal vaccination and medical records and photo
- Other:
- Other:

My Special Needs:

- Medications – 1-week supply, in original containers with prescription labeling
- Battery/Charging cable/Converter for hearing aid, wheelchair, other medical devices
- Oxygen (tank, regulator, tubing, mask/cannula)
- Catheters
- Medication syringes
- Dressing supplies
- Incontinence pads
- Vascular access device
- Pacemaker
- Dialysis shunt
- Equipment supplies:
- Equipment supplies:
- Equipment supplies:
- Other:
- Other: