

Emergency reference sheet

The only page intended for optional fridge display. Choose what is safe to display.

EMERGENCY POLICE / FIRE / AMBULANCE: 911 (United States). Call first for life-threatening emergencies.

Home address, apartment / unit and city

Nearest cross streets / safe responder directions

Service / person	Phone	Location / useful notes
Primary contact	<input type="text"/>	<input type="text"/>
Backup contact	<input type="text"/>	<input type="text"/>
Alarm / monitoring company	<input type="text"/>	<input type="text"/>
Hospital / ER	<input type="text"/>	<input type="text"/>
Hospital / ER	<input type="text"/>	<input type="text"/>
Local non-emergency service	<input type="text"/>	<input type="text"/>
Building / HOA / security	<input type="text"/>	<input type="text"/>

Emergency meeting location

Last checked

Do not display passwords, alarm codes, account numbers, birth dates, diagnoses or the location of valuables. Ask household members before posting their contact details. Hospital main lines are not emergency dispatch.

Emergency guidance: National 911 Program, Calling 911 ([911.gov/calling-911/](https://www.911.gov/calling-911/)).

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Emergency reference sheet | Free worksheet

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Use it for your household

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Understand its limits

This worksheet is for general education and organization. It is not individualized financial, investment, tax, legal or medical advice. No outcome is guaranteed. Check information before relying on it. The emergency sheet is not an emergency service, legal instrument, estate plan or health care directive. In a life-threatening emergency, contact emergency services.

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