

Child help / 5 x 7 inches

Fill in or write by hand. Print at Actual size / 100%. Cut at the corner marks.

DTP / HOME HELP / UNITED STATES

I need help.

Emergency? Call

911

Fire, badly hurt, can't wake up, trouble breathing, or another immediate danger.

Fire? Get outside first. Stay outside.

Call 911 from a safe place.

Tell the helper where you are.

Say what happened. Listen.

Stay on until told to hang up.

OUR HOME: STREET ADDRESS + APARTMENT / UNIT

CITY + STATE

TRUSTED ADULT

PHONE

OUR OUTSIDE MEETING PLACE

Adult: fill this in and practice with your child.

Private when completed | U.S. edition | 1.1 | 2026-10-29

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—| This line must measure 1 inch after printing.

Read the setup and use-notice pages before filling and displaying.

Household contacts / 5 x 7 inches

Fill in or write by hand. Print at Actual size / 100%. Cut at the corner marks.

DTP / KEEP WHERE YOUR HOUSEHOLD CAN FIND IT

Household contacts

EMERGENCY: CALL 911

Fire: get outside first. Stay outside. Call 911.

HOME: STREET ADDRESS + APARTMENT / UNIT

CITY + STATE

PRIMARY ADULT / NAME

PHONE

BACKUP ADULT / NAME

PHONE

NEARBY PERSON / NAME

PHONE

POISON HELP / DO NOT WAIT FOR SYMPTOMS

1-800-222-1222

Collapse, seizure, can't wake up, or trouble breathing? Call 911.

WORKING PHONE IS KEPT

NUMBERS CHECKED ON

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Babysitter handoff / 5 x 7 inches

Fill in or write by hand. Print at Actual size / 100%. Cut at the corner marks.

DTP / CAREGIVER HANDOFF / KEEP PRIVATE

While we're away

EMERGENCY? CALL 911

Fire: get outside first. Stay outside. Call 911.
Do not delay an emergency call to reach a parent.

VISIT DATE

EXPECTED RETURN

HOME: STREET ADDRESS + APARTMENT / UNIT

CITY + STATE

PARENT / ADULT

PHONE

BACKUP ADULT

PHONE

CHILDREN'S FIRST NAMES

REVIEWED CARE PLAN / INSTRUCTIONS ARE KEPT

OUTSIDE MEETING PLACE

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Caregiver routine / 5 x 7 inches

Fill in or write by hand. Print at Actual size / 100%. Cut at the corner marks.

DTP / CAREGIVER ROUTINE / KEEP PRIVATE

Our usual routine

Review together. Keep Household contacts nearby.

FIRST NAME(S)

MEALS + SNACKS

REST + BEDTIME

ACTIVITIES + QUIET TIME

COMFORT ITEMS / WHERE TO FIND THEM

OTHER ROUTINE NOTES

DETAILED INSTRUCTIONS ARE KEPT

REVIEWED ON

Keep detailed care instructions private.

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Pet sitter / 5 x 7 inches

Fill in or write by hand. Print at Actual size / 100%. Cut at the corner marks.

DTP / PET CARE HANDOFF / KEEP PRIVATE

Pet sitter notes

Keep with the owner's reviewed care instructions.

PET NAME(S)

OWNER / NAME

PHONE

BACKUP PERSON

PHONE

VETERINARY CLINIC

PHONE

AFTER-HOURS CLINIC

PHONE

REVIEWED CARE INSTRUCTIONS ARE KEPT

LEASH / CARRIER IS KEPT

AGREED VISITS / DAYS + TIMES

Owner: confirm contact details before leaving.

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Supplies locator / 5 x 7 inches

Fill in or write by hand. Print at Actual size / 100%. Cut at the corner marks.

DTP / ADULT HOUSEHOLD REFERENCE

Find it fast

Write where your household keeps these items.

FIRST AID KIT

FLASHLIGHT

SPARE BATTERIES

PHONE CHARGER / POWER BANK

WATER + EMERGENCY SUPPLIES

HOUSEHOLD EMERGENCY PLAN

OTHER ITEM

LOCATION

LOCATIONS CHECKED ON

Finding supplies must not delay getting to safety.

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Set up your cards

Choose your cards

The full pack has six cards: 1 Child help, 2 Household contacts, 3 Babysitter handoff, 4 Caregiver routine, 5 Pet sitter, 6 Supplies locator. Print only the cards you need. Display suitable household references; hand private sitter, routine and pet cards to the caregiver.

Fill it in together

Type into the PDF or write clearly in dark ink. Complete applicable fields; mark optional items not applicable when appropriate. Include the actual street, unit and city. Use a trusted adult's familiar name that the child recognizes. Confirm contacts before listing them.

Save, reopen and check

Save a local copy and reopen it. Read every completed entry and check the print preview for missing or cut-off text. Fields have limited space. If an entry does not fit, use a separate readable reference kept with the card. If a character displays incorrectly, write it clearly by hand.

Print at the right size

For Letter cut-outs, choose Actual size / 100% and measure the one-inch line. Cut at the corner marks. Exact 5 x 7 pages need a compatible workflow and have no vendor bleed. The larger child display has more room for address and meeting-place entries.

Mount and review

An adult can use a securely mounted sleeve or adhesive wall pocket. Follow the mounting product's instructions. Avoid small loose magnets and check for detached pieces. Do not print on magnetic material unless both printer and material instructions allow it. Complete the walkthrough on the next page.

Keep private and current

Keep medical details, passwords, entry codes and full birth dates off the fridge. Review detailed care instructions privately. Update after a move, contact change, new caregiver or relocated supplies. Check your saved PDF and displayed copy agree.

U.S. numbers only. Use local emergency guidance outside the United States.

Printable templates; no physical product is supplied. Complete the adult walkthrough before use.

Walk through together

Adult setup checklist. Tick each item after reviewing it together.

- ☐ Read the home address aloud, including the unit. Away from home, give the actual emergency location.
- ☐ Confirm the listed contacts. Use a trusted-adult name the child recognizes.
- ☐ Show the actual phone and practice finding its controls without placing a call. Even disconnected cellphones may call 911.
- ☐ Review the escape route, outside meeting place and who will help anyone who cannot get out alone.
- ☐ Ask the intended reader to point to the address and number and explain the next step. Adjust wording, size or placement if needed.
- ☐ Review private care instructions and the plan if no phone or listed adult is available. Keep essential contact details accessible.

Do not make live 911 practice calls. If you call by mistake, stay on and explain it to the call-taker.

A completed checklist does not establish that a child is ready to be alone. The cards do not replace supervision, training or an individual care plan.

After any change, replace old displayed copies and review the updated information with the caregiver.

Use & permissions

Household use and rights

You may fill in, print reasonable household copies, keep private scans/backups, and share completed cards privately with trusted caregivers. Your information remains yours. DTP reserves only rights it owns or may administer in protected material. Republishing or reselling the blank product requires permission unless a license or law allows it. Existing licenses, third-party rights and lawful exceptions remain in effect.

Business and safety notice

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U.S. emergency guidance

For 911, give the actual emergency location, what happened and the number of the phone you are using. Follow the dispatcher and stay connected until told to end the call. For suspected poisoning, contact Poison Help promptly; do not wait for symptoms. Call 911 for collapse, seizure, inability to wake, breathing trouble or another serious emergency. If someone may have swallowed a magnet, seek medical attention immediately.

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National 911 Program

U.S. Fire Administration

HRSA Poison Help

National Capital Poison Center

CPSC magnet guidance

Source links are clickable in this PDF. Full URLs and release notes are in the source package.