

My parents' phone number: _____

If my parents aren't around, I can call:

My address: _____

If I am lost or locked out of my house, this is a safe place I can go: _____

My doctor is: _____

In an emergency, I prefer to go to this hospital: _____

In an emergency, helpers should know that I have these medical conditions:

My allergies: _____

Other information that a helper might need to know about me: (examples: I am hard-of-hearing, or nonverbal):

Other important phone numbers: