

Emergency contact card

Use this companion to “Make an emergency contact card your family can find”. Tick the preparation steps, then fill in only the details you need. This is a household record, not a medical assessment.

1. Before you start

Tick an item only when you have checked it. A tick records preparation, not a safety or health result.

☐ Confirm the area where the card is used.

☐ Ask the first contact for permission.

☐ Ask a backup person for permission.

☐ Check local service numbers.

☐ Check every digit.

☐ Leave out passwords and identity numbers.

☐ Agree where the card is kept.

☐ Date and replace older copies.

2. Details to keep

Emergency contact card · Date _____

Area / checked date

Primary contact / relationship / phone

Backup / relationship / phone

Official local emergency contact

Building or local service contact

Card location / who receives a copy
