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Family emergency info

Fill it in and keep it on the fridge for babysitters, grandparents and anyone looking after the kids.

Our home

ADDRESS

NEAREST CROSS STREET

WI-FI NAME AND PASSWORD

PETS AND THEIR NEEDS

Parents and guardians

NAME AND PHONE

WHERE WE'LL BE

NAME AND PHONE

WHERE WE'LL BE

Emergency contacts

NAME AND RELATIONSHIP

PHONE

NAME AND RELATIONSHIP

PHONE

Doctors and hospital

FAMILY DOCTOR AND PHONE

DENTIST AND PHONE

NEAREST HOSPITAL

PHARMACY

Important numbers

EMERGENCY SERVICES

POISON CONTROL

POLICE NON-EMERGENCY

NEIGHBOR WE TRUST

Where to find

FIRST AID KIT

FIRE EXTINGUISHER

FLASHLIGHT

SPARE KEY AND WATER SHUT-OFF

Leave ID and passport numbers off a sheet that hangs on the fridge.

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Health info, person by person

One box for each person in the house. Update it when a medicine or allergy changes.

Person 1

NAME

DATE OF BIRTH

ALLERGIES

MEDICAL CONDITIONS

MEDICINES AND DOSES

INSURANCE AND MEMBER NO.

Person 2

NAME

DATE OF BIRTH

ALLERGIES

MEDICAL CONDITIONS

MEDICINES AND DOSES

INSURANCE AND MEMBER NO.

Person 3

NAME

DATE OF BIRTH

ALLERGIES

MEDICAL CONDITIONS

MEDICINES AND DOSES

INSURANCE AND MEMBER NO.

Person 4

NAME

DATE OF BIRTH

ALLERGIES

MEDICAL CONDITIONS

MEDICINES AND DOSES

INSURANCE AND MEMBER NO.

Keep the originals safe too. The rumaloom app's Vault stores scans of IDs and insurance cards behind Face ID, and reminds you before they expire.

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