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## CONTACTS [#1]

- This is a list of phone numbers that you might need if you have to evacuate. This is a more extensive list than that on the 3x5 card shown below [although this will also fit on a 3x5]
- Put a copy in your Grab N Go bag, in your car, at work, keep a copy at home with your important papers
- Give a copy to a trusted family member and/or a friend

List such information as:

- Family members and friends
- Out-of-area contact
- Employer
- Doctors and other health care providers [including vendors of oxygen and other medical aids]
- Dentist
- Pharmacy
- Insurance agents: life, home, car [include policy numbers]
- Lawyer, accountant & financial advisors
- Repair contractors
- Clergy

## HEALTH AND CONTACT CARD [#4]

- This is a 3x5 card that lists the information that you have in your Vial of Life.
- Keep this in a pocket or purse so that if you are found in an emergency situation, police, fire, or rescuers will know who you are, your medical condition, and whom to call.
- This information can be typed or keyed and printed on both sides of the 3x5

List such information as:

- Your own name, address, and phone numbers
  - Home [landline]
  - Cell
  - Work
- A primary contact - wife, husband, partner, close friend
  - Home [landline]
  - Cell
  - Work
- Secondary contact - son, daughter, brother, sister, close friend, out-of-area contact
  - Home [landline]
  - Cell
  - Work
- Physician or other health care provider and phone number
- Dentist and phone number
- Blood type
- Medical conditions and medications
  - Dosage
  - Frequency
- Health insurance
  - Company name and phone number
  - Policy, Member, and Group numbers