

Important Contact Information

Police: 9-1-1

Fire Department: 9-1-1

Family Doctor: _____

Ambulance Agency: 9-1-1

Poison Control Center: 1-800-222-1222

For more information, visit: redcross.org/ca/san-diego

Useful Websites

American Red Cross San Diego redcross.org/sandiego

Department of Homeland Security ready.gov

American Red Cross prepare.sandiego.org

Federal Emergency Management Agency fema.gov

AARP aarp.org

San Diego County Office of Emergency Services readysandiego.gov

State of California ca.gov

safeandwell.org register during emergencies

For more information, please contact your local emergency management office or the American Red Cross San Diego/Imperial Counties at (858) 309-1200.

Emergency Contact Information

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Email: _____

Three Local Contacts:

Two Out-of-Area Contacts:

Family Meeting Place Outside Your Home:

Family Meeting Place Outside Your Neighborhood:

Emergency Medication List

Name of medication	Strength and Frequency	Taken For	Prescribed By	Notes

Allergies	Pharmacy / Prescription Drug Plan