Poison Control Center: 1-800-222-1222

Family Doctor:

Ambulance: call 9-1-1 or

Fire Dept.: call 9-1-1 or

Police: call 9-1-1 or

Important Phone Numbers

FOLD

Emergency Contact Card

American Red Cross
of Ventura County

Together, we can save a life

Name:

Home Address:

FOLD

Household Members Contact Information

FOLD

Out-of-town contact:

Family meeting place outside the neighborhood:

American Red Cross Emergency Contact Card

Directions:

1. Print this card for each household member.

2. Cut out the card along the dotted lines.

3. Write in the contact information for each household member, such as work, school and cell phone numbers. If you need additional space, use the back side of the card.

3. Fold the card so it fits in your pocket, wallet or purse.

4. Carry your card with you so it is available in the event of a disaster or other emergency when you will want to contact each other.

For more information on creating a family disaster plan and a disaster supplies kit, as well as other valuable disaster preparedness information, visit

www.arcventura.org