

An Emergency Plan

What will happen if you get sick or hurt? What are some of the ways you could get help and proper treatment. Sometimes your family will not be with you. How will you communicate with the people who are trying to help you and give them the answers they need?



EXERCISE: *This is a seek and find exercise - seek out the answers.*

What is the Emergency / Fire / Ambulance phone number in your area? _____

Do you have a Medic-Alert bracelet : YES NO

What is the phone number to find out more about the Medic Alert program? 1-800- _____

Where do you or your family keep your health information? _____

Do you have any allergies? YES NO

If yes, what are you allergic to? _____

What is the reaction you have? _____

How do you treat allergic reactions? _____

Where have you recorded all the answers to these questions? In your phone? _____

Emergency Contacts

... ► List people who know about your condition and who you can contact in case of an emergency (List in Notes app in your phone)



Name	Relationship	Phone Number