

Family Emergency Contact List

Organize primary contacts, backup contacts, caregiver contacts, school/work/facility contacts, doctors, pharmacy, out-of-area contact, and information locations.

Family and backup contacts

Primary contact

Backup contact 1

Backup contact 2

Out-of-area contact

Neighbor / helper

Preferred contact order

Care and place contacts

Caregiver contact

School / daycare / camp

Work / facility

Doctor / specialist

Pharmacy

Home health / agency

Information locations

Refrigerator sheet

Wallet card

Home folder

Medical ID

YourEMR / portal

Go-bag / travel folder

Contact list notes

Who can confirm details

Language / communication notes

What should stay private

Copies shared with

Review reminder

Last updated date

Important note

Organization and preparedness only. Not medical, legal, custody, workplace, school policy, or emergency-response advice. Does not replace 911, EMS, clinicians, care plans, legal documents, medical records, or professional guidance.

More free emergency sheets: YourEMR.net/free-emergency-face-sheet

Create a free emergency profile at YourEMR.net

QR opens YourEMR free resources, not a personal emergency profile.

