

Refrigerator Emergency Information

Organize contacts, medications, allergies, doctors, pharmacy, caregiver contacts, and where fuller emergency documents are kept.

Emergency contacts

Person name

Emergency contact 1

Emergency contact 2

Caregiver contact

Preferred contact order

Last updated date

Medical basics

Medication list location

Allergy list location

Important conditions

Doctor / specialist

Pharmacy

Medical ID location

Document locations

Emergency binder

Care plan

Patient portal / YourEMR

Insurance card

Advance directive if shared

Other location notes

Household handoff notes

Who can confirm details

Where go-bag is kept

Equipment / device notes

Pet or home notes

Privacy notes

Update reminder

Important note

Organization and preparedness only. Not medical or legal advice. Does not replace 911, EMS, clinicians, medication labels, medical records, medical IDs, care plans, patient portals, legal documents, 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.

