



# Information for my Emergency Plan

Fill out this sheet and keep in a location where you and others can find it. Update it as needed. Keep a copy in your emergency survival kit. Share the information with key members of your support network.

## My Support Network

List of people who already assist you and other who could help you in an emergency: doctors, pharmacists, personal workers, in-home health-care workers (including back-up providers), as well as family members, friends and neighbours.

Name	Organization	Contact Number(s)	Notes

## My Safe Locations

In an emergency, you may need to leave your home. List two locations you would go to, one close, the other one farther away. Some examples include a local library, place of worship, or community center.

Location #1 & Address	
Location #2 & Address	

## Location of my Emergency Survival Kit

Make a note of where your kit is stored, so others can find it easily if they are assisting you.

Location of my Emergency Kit	
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## My Family Communication Plan

In emergencies, local telephone and email networks can be affected. Identify someone outside your town / city whom you and other family members can connect and share information. If an out-of-town choice is not available, consider a community or cultural centre.

	Name	Contact Information (phone, email)
Contact Name # 1		
Contact Name # 2		

## Important Medical Information

For each person in your household, note any medical conditions and special needs, as well as medications and devices.

Occupant Name	Medical Conditions / Needs / Allergies / Special Needs	Notes

Occupant Name	Medication or Device	Notes (where supply is stored, batteries, other necessary instructions)	Doctor & Contact Number

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For any questions or concerns please contact Jason Gallagher 905-381-5932 ext. 6228