



Family Emergency Plan

Fill out this plan together with your family and keep it within easy reach (fridge, emergency kit). Review it every 6 months.

1. Emergency contacts

CONTACT	NAME / REFERENCE	PHONE
General emergency line	Public service (nationwide)	911
Local emergency management office		
Doctor / family practice		
Trusted neighbour		
Relative outside the region		

The relative outside the region is key: when local networks are overloaded or down, it is often easier to reach someone who lives farther away.

2. Family members

NAME	NAME
DATE OF BIRTH	DATE OF BIRTH
BLOOD TYPE	BLOOD TYPE
ALLERGIES / MEDICATIONS	ALLERGIES / MEDICATIONS
SPECIAL NEEDS	SPECIAL NEEDS
NAME	NAME
DATE OF BIRTH	DATE OF BIRTH
BLOOD TYPE	BLOOD TYPE
ALLERGIES / MEDICATIONS	ALLERGIES / MEDICATIONS
SPECIAL NEEDS	SPECIAL NEEDS

3. Meeting point

MEETING POINT NEAR HOME (E.G. STREET CORNER, SQUARE, NEIGHBOUR'S FRONT DOOR)

ALTERNATIVE MEETING POINT OUTSIDE THE NEIGHBOURHOOD (IF THE FIRST ONE IS NOT REACHABLE)

It makes sense to have two: one nearby, so you can gather quickly, and one outside the neighbourhood, in case the area is cut off or not safe.

4. Communication plan

In an emergency, local networks (cellular and data) are usually overloaded or down in the first few minutes. Choose **one contact outside the region** as your central point: instead of calling each other, every family member calls or messages this person, who then gathers all the information.

CENTRAL CONTACT OUTSIDE THE REGION — NAME AND PHONE

5. Escape routes and shelters

ESCAPE ROUTE FROM THE HOME NO. 1

ESCAPE ROUTE FROM THE HOME NO. 2 (ALTERNATIVE)

SHELTER / SAFE COMMUNITY GATHERING POINT (E.G. SPORTS HALL, SCHOOL)

6. Utility shut-offs

Note where the shut-off valves are. In the event of a leak, flood or electrical hazard, shutting off in time prevents greater damage.

MAIN GAS VALVE — LOCATION

MAIN WATER VALVE — LOCATION

ELECTRICAL PANEL (MAIN BREAKER) — LOCATION

NOTES (TOOLS NEEDED, TURNING DIRECTION...)

7. Emergency kit (grab bag) — where is it?

LOCATION OF THE BAG (E.G. FRONT CLOSET, CAR TRUNK)

Quick contents check

- Water and a way to treat it
 - Flashlight with spare batteries
 - Radio (battery-powered or hand-crank)
 - First aid kit
 - Copy of important documents
 - Cash (small bills)
 - Charger / power bank for your phone
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Don't have a personal plan yet?

Build a tailored plan in 5 minutes based on your household, region and number of people.

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