



# INSTRUCTIONS TO ADULTS

- 1** Print a copy of the family communication plan for each member in your household.
- 2** Fill out the form in the presence of ALL members of your family.
- 3** Write in capital letters with a dark coloured pen.
- 4** Ensure all information is accurate and up to date.
- 5** Cut out along the grid line and fold along the solid lines and place in your wallet or purse.
- 6** Review and update the plan regularly.

**LET'S GET READY & STAY READY!**



**PERSONAL INFORMATION**

First Name:  
Last Name:  
House Phone #:  
House Address:  
Mobile #:                      Other #:  
Facebook Name:  
Email:  
Medical information:

**EMERGENCY MEETING PLACES**

In the Neighbour hood:  
Outside of the Neighbourhood:  
Work:  
Other:  
Instructions:

**HOUSEHOLD INFORMATION**

First Name:  
Last Name:  
House Phone #:  
House Address:  
Mobile #:                      Other #:  
Facebook Name:  
Email:  
Medical information:

**SCHOOL, CHILDCARE, CAREGIVER EMERGENCY PLAN**

School Name:  
School Address:  
School Phone #:  
Other Phone #:  
Email:  
Website:

**IN CASE OF EMERGENCY (I.C.E.) CONTACT**

First Name:  
Last Name:  
Mobile #:                      Other #:  
Address:

**IMPORTANT NUMBERS**

**POLICE: 999**  
**LOCAL POLICE STATION:**  
**FIRE: 990**  
**AMBULANCE: 811**  
**REGIONAL CORPORATION:**  
**TEMA: 211**  
**ODPM: 511**

**OUT OF THE NEIGHBOURHOOD CONTACT**

First Name:  
Last Name:  
Mobile #:                      Other #:  
Address:

**SPECIAL NEEDS**

Name:  
Date of Birth:  
Blood Type:  
Allergies:  
Physical Limitation:  
Communication Difficulties:  
Other:

**My Family Communication Plan**

*Let's Get Ready & Stay Ready*

