



## Key numbers

Police Fire Ambulance: 000 (112 from mobiles)  
Poisons Information Line: 13 11 26

## Personal Details

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: \_\_\_\_\_  
Blood Type: \_\_\_\_\_  
Allergies: \_\_\_\_\_

### CRISIS CARE COMMITMENT

Household Contacts	Work/School	Mobile
_____	_____	_____
_____	_____	_____
_____	_____	_____

Neighbours	Home	Mobile
_____	_____	_____
_____	_____	_____
_____	_____	_____

Out-of-town contact: \_\_\_\_\_

In case of emergency and we can't contact each other, meet at:  
\_\_\_\_\_  
\_\_\_\_\_

Doctor: \_\_\_\_\_ SES: \_\_\_\_\_

ABC Local Radio: \_\_\_\_\_

Local Council: \_\_\_\_\_

Bank: \_\_\_\_\_ Insurer: \_\_\_\_\_

Roadside Assistance: \_\_\_\_\_



[ FOLD C ]

[ FOLD B ]

[ FOLD A ]

## Directions

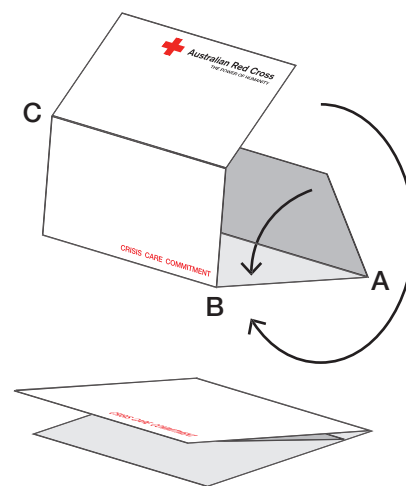
1. Print this card for each household member.
2. Cut out the card along the dotted line.
3. Write in the contact information for each household member, such as work, school and mobile phone numbers.

If you need additional space, use the back side of the card.

Write other important numbers like your insurer or the number for cancelling bank or credit cards. You should also note the frequency of your ABC Local Radio station.

4. Fold the card so it fits in your pocket, wallet or purse.
  - > Fold A first, text outwards
  - > Fold B second
  - > Fold C last

N.B. The wallet folds in on itself.



5. Carry your card with you so it is available in the event of a disaster or other emergency when you will want to contact each other.

6. For children, use the *Emergency Contact Card for Kids*, available from participating First National Real Estate offices or [www.redcross.org.au](http://www.redcross.org.au)

For more information, read the *Safe and Well* information sheet, available from participating First National Real Estate offices or [www.redcross.org.au](http://www.redcross.org.au)