

MAKE A PLAN

Once you have completed this list, make copies to share with those close to you.

Our meeting spot: Where will we meet in an emergency?

Location in your neighborhood:
Location outside your neighborhood
Alternate Location outside our neighborhood:

Out of area contact: Who will you check in with outside the area?

Share this information with your people so can you all communicate to one central person.

Name:
Location: Phone:

Identify a group of friends and family with whom you'll coordinate.

List people who will check in with you before, during and after an emergency to ensure you are safe.

Name:	Phone:
Name:	Phone:
Name:	Phone:
Name:	Phone:
Name:	Phone:

Important medical contacts

Having important medical contacts for household members and pets is critical in case you need to leave your home after a disaster.

Doctor:	Phone:
Doctor:	Phone:
Pharmacy:	Phone:
Insurance Provider:	Phone:
Group Number:	ID Number:
Caregiver:	Phone:
Pet Emergency:	Phone:
Pet Name / Breed / Medical issues:	

Your medical information

Include critical medical information, medical equipment, and allergies. Attach a current list of your prescriptions and dosages.

If you need special transport in an emergency, please contact Marin Center for Independent Living at (415) 459-6245 today.

Prepare and share. We're in it together.

www.ReadyMarin.org

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