

www.nctsn.org

Insurance:

Veterinarian:

Pharmacy:

Mental Health Agency:

Hospital:

Doctor:

Out of State Emergency Contact:

Relative/Friend Home/Cell:

Child's Cell Phone:

Family Work/Cell:

After-school Care:

District Hotline

Schools:

Key Phone #s



FOLD FOLD FOLD FOLD

Emergency Services: 911

Download:

Help Kids Cope

nctsn.org/content/help-kids-cope



Call:

Disaster Hotline 800-985-5990

Text: SHELTER to 43362 (4FEMA)

To Find an Open Shelter

Download: MonsterGuard

<http://www.redcross.org/monsterguard>

Red Cross National #s:

1-866-GETINFO (866-438-4636)

1-800-733-2767

Important Web Sites:

www.ready.gov

www.nctsn.org

www.ready.gov/kids

www.disasterassistance.gov

www.emergency.cdc.gov

Notes:

Blank area for notes.

NCTSN

The National Child Traumatic Stress Network



FAMILY PREPAREDNESS PLAN

(check when complete)

- Make a Family Emergency Plan**
 - Have a Family Communication Plan
 - Make an Emergency Supply Kit
 - Learn Your School's Plan
- Be Informed**
- Practice**