

# Information for my Emergency Plan

Fill out this sheet and keep in a location where you and others can find it. Update it as needed. Keep a copy in your emergency survival kit. Share the information with key members of your support network.

## My Support Network

List the people who already assist you and others who could help you in an emergency: doctors, pharmacists, personal support workers, in-home health-care workers (including back-up providers), as well as family members, friends and neighbours.

Name	Organization or Relationship	Contact Number(s)	Notes

## My Safe Locations

In an emergency, you may need to leave your home. List two locations you would go to, one close, the other one farther away. Some examples include a local library, place of worship, or community centre.

<b>Location #1 &amp; Address</b>	
<b>Location #2 &amp; Address</b>	

## Location of my Emergency Survival Kit

Make a note of where your kit is stored, so others can find it easily if they are assisting you.

<b>Location of my Emergency Survival Kit</b>	
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