
CANADIAN
family
MAGAZINE

**EMERGENCY
INFORMATION**

EMERGENCY contact list

Main emergency number: 911 or _____ (local emergency number)

Poison control: _____

Family Doctor: Name _____ Phone # _____

Pediatrician: Name _____ Phone # _____

Hospital: Name _____ Phone # _____

INFORMATION ABOUT CHILD(REN)

Name _____ Date of birth _____

Medical conditions _____

Medications _____ Allergies _____

Health card number _____

Name _____ Date of birth _____

Medical conditions _____

Medications _____ Allergies _____

Health card number _____

reminders

◆ A child's skin burns four times more quickly and deeply than adults at the same temperature. The easiest way to prevent burns is to turn down the setting on your hot water heater to 49°C.

◆ Keep all medications in the original child-resistant packaging to reduce the chance of poisoning.

◆ Check children's clothing. Drawstrings, coat parts and mitten strings can become entangled in joints and openings of playground equipment and become a strangulation hazard. Do not allow children to attach ropes or cords to playground equipment.

◆ Children under five can drown in two inches of water. Supervise children in bathtubs, hot tubs or inflatable pools and near fishponds.

PARENT CONTACT INFORMATION

Name(s) _____

Day phone _____ Evening phone _____

Cell phone _____

Name(s) _____

Day phone _____ Evening phone _____

Cell phone _____

RELATIVE/NEIGHBOUR CONTACT

Name _____

Relationship _____

Day phone _____ Evening phone _____

Cell phone _____

Name _____

Relationship _____

Day phone _____ Evening phone _____

Cell phone _____