



Family Emergency Health Information Sheet

It is important to think about health issues that could arise if a flu pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy. Gather important health records (like vaccination cards) in a folder or binder marked “Health Records” and keep them in one place. Remember to include information on your pets.

Create a family emergency health plan using this information. Fill in information for each family member in the space provided. Like much of the planning for a pandemic, this can also help prepare for other emergencies.

BEFORE a pandemic may occur, share the family member information and emergency contacts lists with your clinical and community-based health care providers, someone you trust (another family member) but who doesn’t live with you, and the emergency contact person who resides outside the area in which you live.

Family Member/Date of Birth	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/Dosages	Distinguishing Marks/location on body (birthmarks, moles, scars)

*Information modified from www.pandemicflu.gov

Emergency Contact Information. Identify contact person(s) in your local area and phone numbers to call in the event of an emergency. Make sure that those contact persons KNOW they are your contacts and what they should expect or do if needed. Make sure ALL family members in your household know whom to call and what information to give these contacts, including their location and a return phone number.

Contacts		Name/Phone Number
Local personal emergency contact		
Out-of-town personal emergency contact		
Hospitals near:	Work	
	School	
	Home	
Family physicians(s)		
State public health department		
Pharmacy		
Employer contact and emergency information		
School contact and emergency information		
Religious/spiritual organization		
Veterinarian		
Insurance information: policy numbers & who is Covered		

For more information about pandemic flu visit: www.pandemicflu.gov

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