



Who to Call

Fill this in, then post it on the refrigerator where anyone can find it.

Emergencies

Emergency: 911

Poison Control: 1-800-222-1222

Suicide and Crisis Lifeline: call or text 988

Veterans Crisis Line: dial 988, then press 1

Family and friends

Name, relationship and phone

Name, relationship and phone

Name, relationship and phone

Neighbor with a spare key

Doctors and health

Primary doctor and specialist

Pharmacy

Health insurance / Medicare plan and member phone

About me (for emergency crews)

Medical conditions and allergies

Where my medication list is kept



Who to Call: Make It Work

Where to keep it, what to add, and how to prepare the people on it.

Where to put it

- **On the refrigerator, at eye level:** emergency crews are trained to look there, and many local "File of Life" or "Vial of Life" programs use the same spot.
- Keep a second copy in your wallet or purse, and one in the car.
- Give a copy to your emergency contacts so everyone has the same information.

Before you post it

- Call each person on the list and tell them they are on it. Agree on who is called first.
- Include at least one contact who lives nearby and one who can be reached any time of day.
- Note who has a spare key, and whether you have pets that need care if you go to the hospital.
- Add your health insurance and Medicare plan phone numbers. They are hard to find in a hurry.

Numbers worth knowing by heart

- **Emergency:** 911. Say your address first, then what happened.
- **Poison Control:** 1-800-222-1222, free and open 24 hours. Call before you guess.
- **988 Suicide and Crisis Lifeline:** call or text 988 for yourself or someone you are worried about. Veterans: dial 988 then press 1.
- **Medicare questions:** 1-800-MEDICARE (1-800-633-4227).

Keep it fresh

- Review it twice a year, when the clocks change. Check phone numbers, doctors and medications.



Who to Call: Make It Work (continued)

Pair this sheet with My Medication List. Together they give a paramedic or ER nurse most of what they need to know about you in one minute.

Sources and more help: Poison Help line (poisonhelp.hrsa.gov); 988 Lifeline (988lifeline.org); Veterans Crisis Line (veteranscrisisline.net); Medicare.gov. In an emergency, always call 911 first.