



SOLO EMERGENCY CHECK-IN CARD

A simple plan for a one-person household

Keep one copy where you can reach it and share one only with a trusted person. Update it when contacts, medication needs, transportation, or pet plans change.

01 HOW TO IDENTIFY AND REACH ME

My name

My phone number

My address, apartment, building, or access instructions I choose to share

My preferred way to communicate

02 WHO CHECKS ON ME

Nearby contact name and phone

Out-of-area contact name and phone

When or why I will check in

If I do not check in, take these steps in this order

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Continue your private plan. Do not include information you are not comfortable sharing.

03 WHAT A TRUSTED HELPER SHOULD KNOW

Where my current medication list is kept

Allergies, communication, mobility, medical-device, or backup-power needs I choose to share

Location of my emergency kit, evacuation bag, keys, safe exit, and essential records

04 EVACUATION AND PET PLAN

Primary destination and alternate destination

Transportation, driver, or pickup plan

Pet or service-animal plan, carrier location, and backup helper

IMMEDIATE DANGER, SERIOUS SYMPTOMS, FIRE, OR SUSPECTED CARBON MONOXIDE?

Call 911. During an active emergency, follow local officials and appropriate authorities.

Review date: _____ Next planned update: _____

General educational planning tool. It does not replace emergency services, official instructions, or individualized professional advice.