Numbers to know

Post this by the phone or on the fridge. Fill in the blank lines once, then leave it up.

Numbers that are the same everywhere

911	Emergency. Call for fire, a medical emergency, or a crime in progress.
1-800-222-1222	Poison Control. Free and confidential.
988	Suicide and Crisis Lifeline. Call or text.
211	Local help, such as shelters and cooling centers, in most areas.

Our people

Out-of-area contact _____ **Phone** _____

Neighbor _____ **Phone** _____

Local helper _____ **Phone** _____

Where we live

Police, non-emergency _____ **Fire, non-emergency** _____

County emergency management _____ **Nearest hospital** _____

Electric company outage line _____ **Gas company emergency line** _____

Water utility _____ **Landlord or building manager** _____

Health, school and work

Doctor _____ **Pharmacy** _____

Veterinarian _____ **School or daycare office** _____

Work, adult 1 _____ **Work, adult 2** _____