

Emergency Information Sheet

In an emergency, minutes matter and memories blur. This fill-in sheet puts the answers first responders need in the one place they are trained to look: the refrigerator.

How to use this kit

1

Fill out page 2 in clear print, in pen. Update it whenever medications or contacts change.

2

Post it on the refrigerator or right beside it. Emergency crews in many areas check there first.

3

Cut out the wallet cards on page 3. One for the wallet or purse, one for a family member.

Keep these together in one spot

- ☐ This sheet, posted on or near the refrigerator
- ☐ A current medication list (we publish a free fill-in version of this too)
- ☐ Copies of insurance and pharmacy cards
- ☐ Advance directive or POLST form, if one exists. Note its location on the sheet
- ☐ A spare house key plan: tell a trusted neighbor or use a lockbox so responders are not forced to break a door

Review it twice a year

A good habit: update this sheet when the clocks change in spring and fall, the same weekend you test the smoke alarms.

In Case of Emergency

Post this sheet on the refrigerator. Print clearly.

FULL NAME

DATE OF BIRTH

ADDRESS

PRIMARY LANGUAGE

MEDICAL CONDITIONS

ALLERGIES (MEDICATIONS, FOODS,
OTHER)

LOCATION OF MEDICATION LIST

LOCATION OF ADVANCE DIRECTIVE /
POLST

EMERGENCY CONTACT 1: NAME AND
PHONE

EMERGENCY CONTACT 2: NAME AND
PHONE

PRIMARY DOCTOR: NAME AND PHONE

PHARMACY: NAME AND PHONE

PREFERRED HOSPITAL

HEALTH INSURANCE / MEDICARE
NUMBER LOCATION

CUT ALONG THE DASHED LINES

Wallet emergency cards

Fill out both cards. Keep one in the wallet or purse that leaves the house, and give one to a family member or caregiver.

In Case of Emergency	In Case of Emergency
NAME _____	NAME _____
CONDITIONS _____	CONDITIONS _____
ALLERGIES _____	ALLERGIES _____
EMERGENCY CONTACT _____	EMERGENCY CONTACT _____

Three small upgrades worth making

Phone lock screen

Most phones can show emergency info and contacts without unlocking. Ask any grandchild to set it up in five minutes.

ICE contacts

Save key numbers in the phone under ICE, short for In Case of Emergency. Responders know to look for it.

Tell two people

Make sure at least two people outside the home know where this sheet and the spare key are kept.

FROM OUR CARE TEAM

We set this up for every client we serve

Jane's Home Care is a nurse practitioner led home care agency serving Fresno, Clovis, and the surrounding Central Valley. Emergency preparedness like this sheet is part of how we set up every home we care in. Care can begin within 24 hours.

Call (559) 296-2189 or build your own care plan at janeshomecare.com/care-plan

This resource is provided for general informational purposes and does not replace professional medical or emergency guidance. In an emergency, call 911 first. Jane's Home Care provides non-medical home care services. © 2026 Jane's Home Care. All rights reserved.