

Complete this worksheet to assist you with creating your personalized Emergency Action Plan



What to DO - Where to GO Emergency Action Plan Worksheet

Consider these questions as you develop a personalized emergency action plan.
Better to have a plan you do not need than be lost without it.

Be aware of all your emergency transportation options. Look up the phone numbers for the following:

Airport: _____ Bus Station: _____
 Train Station: _____ Metro Station: _____
 Rent-a-Car: _____ Boat/Ferry/Port Authority: _____

Abroad Emergency Contacts

In addition to your **Emergency Contact Form**, we encourage you to look up or ask about the numbers for agencies nearest to your abroad location(s):

City or country's 911 equivalent: _____	Local Government/ Visa office: _____
Consulate/Embassy: _____	Police: _____
Fire: _____	Hospital: _____
Post Office: _____	Translator Service: _____
Lawyer: _____	Red Cross: _____
24-Hour Assist/ Insurance Hotline: _____	Other: _____

Where is the nearest Hospital? _____

Any special health care needs, allergies to medication?

Who will you call first, second, third, etc. in an emergency?

Personal emergency contacts:

Name	Name	Name
Phone	Phone	Phone

Do your emergency contacts have each other's' phone numbers so they can communicate and relay information about you to each other?

Who would you like those assisting you to contact in the event of your illness, injury, incarceration, etc...?

What are you emergency cash reserves, credit cards in case you can't get to or receive help form the abroad bank?

What items to include in my Emergency Kit (if needed):