

Emergency Communication Plan & Key US Emergency Contacts

■ Steps Before an Emergency

- Create a family emergency contact list.
- Agree on two meeting points (local & out-of-town).
- Share your plan with all family members.

■ During an Emergency

- Use text messages instead of calls to reduce network load.
- Call your out-of-town contact to relay information.
- Keep a charged power bank.

■ After an Emergency

- Check in with your emergency contacts.
- Update your status on social media safety check tools (e.g., Facebook Safety Check).
- Contact local authorities for instructions.

■ US Emergency Contacts

Number	Description
911	Police, Fire, Medical emergencies
988	Suicide and Crisis Lifeline
311	Non-emergency city services (in many US cities)
1-800-222-1222	Poison Control Center
1-800-621-FEMA (3362)	FEMA Disaster Assistance
1-800-227-2345	American Red Cross
1-800-273-8255	Veterans Crisis Line
State-specific hotlines	Wildfire info, hurricane info, etc.