

Are your kids prepared for a medical emergency?



Make an emergency contact list

Teach your kids to call 911



Make sure kids know how to dial 911, their full name, their full address and how to give a short description of the emergency. The most important advice is for them to stay calm and speak slowly and clearly.

- Emergency medical services: In most places this is 911, but your community may have its own number.
- Poison control center: 1-800-222-1222
- Hospital emergency room
- Fire department
- Police department
- Pharmacy
- Child's doctor
- Parents' work
- Parents' cell phones
- Neighbors and/or relatives

Make a list of medical and insurance information

The list should include important emergency phone numbers, known allergies (especially to medication), medical conditions, medications



taken by family members, and insurance information for all members of the family. Make sure that anyone who watches your children (babysitters or relatives, for example) familiarizes themselves with the list.

Make copies of the completed list and place it near every telephone in the house, on the refrigerator, in your cell phone and in the car.

Staying prepared while traveling

If you're planning a trip to another country, make sure you know how to get help if the need arises. Lists of international emergency numbers are available online and from embassies for each country.



For more health tips, visit uclahealth.org/mattel

it begins with 