

important numbers card

Instructions:

1. Print out this card.
2. Cut out the card along the dotted lines.
3. To strengthen the card, paste it on a piece of cardboard.
3. Fill in the contact information.
4. Fold the card where indicated and keep a copy in your home first-aid kit, as well as one in your car's first-aid kit.

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SOUTH AFRICA'S BEST GUIDE FOR PARENTS
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family emergency card

mom
name ☎

dad
name ☎

address

contact 1
name ☎

contact 2
name ☎

important numbers

doctor
name ☎

hospital emergency room
☎

ambulance service
☎

security company
☎

police
☎

fire department
☎

poison information centre
☎

medical aid
.....
☎

fold ←

fold ←

fold ←