

Be Red Cross Ready

Prepare so you can protect.







**American
Red Cross**

Emergency Contact Card

Directions:

1. Print out a card for every member of your household.
2. Fill in all information.
3. Carry card to reference in the event of a disaster or other emergency.

Side 2 of the Emergency Contact Card is displayed below.

X Cut along dotted lines. X	<p>Emergency Contact Card</p> <p> American Red Cross</p> <p>Cardholder information:</p> <p>Phone: _____</p> <p>Home address: _____</p> <p>Healthcare provider: _____</p> <p>Fold here</p> <p>In an emergency, call 911 or:</p> <p>Local Police: _____</p> <p>Local Fire Department: _____</p> <p>Poison Control: (800) 222-1222</p> <p>For more information, please visit redcross.org/prepare</p> <p>Be Red Cross Ready Prepare so you can protect.</p>	<p>Emergency Contact Card</p> <p> American Red Cross</p> <p>Cardholder information:</p> <p>Phone: _____</p> <p>Home address: _____</p> <p>Healthcare provider: _____</p> <p>Fold here</p> <p>In an emergency, call 911 or:</p> <p>Local Police: _____</p> <p>Local Fire Department: _____</p> <p>Poison Control: (800) 222-1222</p> <p>For more information, please visit redcross.org/prepare</p> <p>Be Red Cross Ready Prepare so you can protect.</p>	X Cut along dotted lines. X
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Home Fire Escape Plan



**American
Red Cross**

Use the graph to draw your home's floor plan, and plot your home fire escape routes.

Tips for creating and practicing your escape plan:

- Everyone in your household should know *two* ways to escape from each room in your home.
- Decide where to meet once you get outside.
- If a fire starts, you may have just **two minutes** to get to safety. So time your fire drills and find out: what's your escape time?

-
- Smoke is dangerous. Practice low crawling.
 - Teach household members what to do if their clothes catch fire: stop, drop and roll.



If a fire starts in your home, get out to safety, then dial 911.

Or call your fire department's emergency phone number:

My address is:

A large, empty grid of small squares, intended for drawing a home's floor plan and plotting fire escape routes.







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Plan para evacuar de la casa en caso de incendio



**Cruz Roja
Americana**

Utilice la gráfica para dibujar el plano de su casa y trazar las rutas de escape en caso de incendio domiciliario.

Consejos para crear y practicar el plan de evacuación:

- Cada persona en su hogar debe aprender *dos* vías diferentes de escape desde cada habitación.
- Decida dónde encontrarse con los demás una vez que lleguen afuera.
- Si se inicia un incendio, es posible que tan solo cuente con **dos minutos** para llegar a un lugar seguro. Así que tome el tiempo que tarde en evacuar durante los simulacros de incendio e investigue: ¿cuánto tiempo tarda en salir de su casa?

- El humo es peligroso. Practique cómo gatear al ras del suelo.
- Enséñeles a los demás miembros de su familia que deben hacer si su ropa se prende fuego: detenerse, dejarse caer y rodar.



Si se inicia un incendio en su casa, salga inmediatamente del lugar por su seguridad y llame al 911.

O llame al número de teléfono de emergencias del departamento de bomberos más cercano:

Mi dirección es:

