The essentials, together

A quick reference for the person helping your household. Include only information they need. For immediate danger, contact emergency services; this page is an information aid.

Household / prepared by

Name and date this was checked

Who to contact first

Name, relationship and phone

Backup contact

Name and phone; confirm they have agreed

Urgent practical needs

For example: school pickup or a pet at home

Important health information location

Where the current private health pages can be found

Confirm both contacts and share this page only with agreed helpers.