

Pre-Deployment

Emergency Contacts

Before deployment, discuss how you and your loved ones will get in contact in case of an emergency. Use this worksheet to decide together who to reach out to for support in emergency situations. Keep a couple copies of this list somewhere that's easy to find, and provide a copy to a friend or family member. This list is not all inclusive so please add emergency contact as appropriate your personal and family situation.

For Emergency Services Call 911

NAME	RELATIONSHIP	CONTACT INFORMATION	NOTES
	Commander	Phone: Email: Address:	Use to contact deployed service member during emergency.
	Family Member	Phone: Email: Address:	
	Family Member	Phone: Email: Address:	
	Family Member	Phone: Email: Address:	
	Friend	Phone: Email: Address:	
	Friend	Phone: Email: Address:	

NAME	RELATIONSHIP	CONTACT INFORMATION	NOTES
	Friend	Phone: Email: Address:	
	Family readiness group, family readiness officer, or unit ombudsman	Phone: Email: Address:	Use to contact deployed service member during emergency.
	Doctor	Phone: Email: Address:	
	Doctor	Phone: Email: Address:	
	Dentist	Phone: Email: Address:	
	Urgent Care	Phone: Email: Address:	
	Poision Control	Phone: Email: Address:	
	Fire Department	Phone: Email: Address:	

NAME	RELATIONSHIP	CONTACT INFORMATION	NOTES
	Police Department	Phone: Email: Address:	
	Hospital	Phone: Email: Address:	
	American Red Cross	Phone: 877-272-7337 Website: http://www.redcross.org/get-help/military-families/emergency-communication	Use to quickly send messages to deployed a service member during a crisis.
	Chaplain	Phone: Email: Address:	
	Service Relief Organization	Phone: Email: Address:	Make sure family members are pre-authorized for emergency assistance from your respective organization (Army Emergency Relief, Navy-Marine Corps Relief Society, Air Force Aid Society)