

Personal Safety Card

Experiences



This card—prepared by the Red Cross—can help you create an emergency preparedness plan to provide safety information in case of a natural disaster or any other kind of emergency that occurs during your activity.

Here are 3 steps to create your personal safety card:

1. Emergency contacts

Easy access to emergency numbers is very important. Fill out the form below with local phone numbers.

LOCAL POLICE DEPARTMENT:

LOCAL FIRE DEPARTMENT:

LOCAL HOSPITALS:

LOCAL CONSULATE:

PERSONAL 1.

EMERGENCY 2.

CONTACTS 3.

Use this resource to find out how to prepare for the hazards you selected. www.preparecenter.org/terms/category/hazards



2. Bring a travel first aid kit.

3. Additional safety resources

If additional support is needed please engage the resources listed below:

Pathways to Safety International

www.pathwaystosafety.org

Provides information, support, and referrals for interpersonal & gender based violence.

International Directory of Domestic Violence Agencies (Worldwide)

www.hotpeachpages.net

Provides information on crisis centers, shelters, helplines and resources to assist with domestic violence or sexual assault for every country in the world.

American Red Cross

www.redcross.org

YOUR NAME:

PHONE:

EMAIL: