

EMERGENCY



INFORMATION



Idaho State Independent Living Council

EMERGENCY



INFORMATION



Emergency Numbers

Name: _____

Cell: _____

Work: _____

Name: _____

Cell: _____

Work: _____

Name: _____

Cell: _____

Work: _____

Physician: _____

Pharmacy _____

Urgent Care Center _____

Local Police Station _____

County Non Emergency Number _____

Other _____

Other _____

Idaho State Police- (208) 736-3060

Poison Control-1-800-222-1222

Emergency- 911

Where to meet in a emergency:

Emergency kit is located at:

Other important information:



Idaho State Independent Living Council

380 South 4th Street, Ste. 102

Boise, ID 83702

208-334-3800

<https://silc.idaho.gov>



Emergency “Go Bag” List

- Written list of emergency contacts with phone numbers and addresses
- One week supply of medications, list of medications and frequency taken, personal medical information, and any food or drug allergies
- Flashlight with extra batteries
- Bottled water
- Snacks that won't spoil
- Dust mask to help filter air
- Copies of: (in a waterproof container or Ziploc bag)
 - Personal identification
 - Credit/ATM cards
 - Birth certificate,
 - Insurance cards
 - Other important papers
- First aid kit
- Whistle or horn to signal for help
- Baby wipes or moist towelettes
- A list of model and serial numbers for walkers, wheelchairs, hearing aids, communication devices and other medical supplies you use.