

Wallet & ID Cards

Cut out, fill in, fold, and keep with you. Laminate or cover with tape to waterproof.

MEDICAL ID	havensurvival.com
Name:	
Date of birth:	
Blood type:	
Allergies:	
Conditions:	
Medicines:	
Emergency contact:	
Phone:	

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Phone:	

EMERGENCY CONTACTS	havensurvival.com
Local contact:	
Phone:	
Out-of-area contact:	
Phone:	
Meeting point 1:	
Meeting point 2:	
Emergency number:	
Text, don't call, when networks are busy.	

EMERGENCY CONTACTS	havensurvival.com
Local contact:	
Phone:	
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Phone:	
Meeting point 1:	
Meeting point 2:	
Emergency number:	
Text, don't call, when networks are busy.	

CHILD ID · If lost, call:	havensurvival.com
Name:	PHOTO
Parent / carer:	
Phone:	
Phone 2:	
Meeting place:	
Allergies / medicine:	
Language(s):	

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Help phrase card

Write each phrase in the local language next to the English, so you can point to it.

English	Local language
I need help.	
I need a doctor.	
I am injured.	
I am diabetic.	
I am allergic to: ____	
I am looking for my family.	
Where is the shelter?	
Where can I get water?	
I do not speak your language.	



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Sources:

- Ready.gov / FEMA: Build a Kit, Make a Plan (ready.gov)
- ICRC: Restoring Family Links (familylinks.icrc.org); civilian safety guidance

Important: General information only. Not a substitute for trained medical help or official instructions. Always follow local authorities and emergency services.

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