

Time Away from Home Worksheet:

Emergencies

1. What are the signs and symptoms that may mean that I need urgent medical care?

TIP: The Care Plans for Teens section of this site contains an In Case of Emergency form that you can keep in your wallet at all times.

2. Where will I go for urgent medical care?

3. Do I need a Medical Alert/Identification bracelet?

4. What is the local emergency number for where I will be staying? *(Things to consider: Other countries may not use 911 as their emergency number. Will dialing 911 work where I am going?)*



5. What is my plan for using a phone in an emergency? *(Things to consider: Do I have a cell phone? Is it charged? Do I have the charger? Will it work where I will be staying? Do I have enough minutes if I am put on hold? Do I have a backup plan such as a phone card or another form of communication?)*

6. What is my plan for transportation, in case of an emergency? *(Things to consider: if using a car, who would drive? Do I have bus or taxi money if needed?)*