

Time Away from Home Worksheet:

Key Contact Information

1. Who will I call if I feel sick?

2. Who are my important contacts and what are their numbers?
(For example: doctor, nurse, family emergency contacts, pharmacy, equipment, supplies, etc.)

TIP: You may want to carry your key contacts information on paper copies as well as on a computer disc, thumb drive, or cell phone. You may also want to email a copy to yourself so you can access it from anywhere with the internet.

3. How and where will I carry key contacts?

4. Who else needs a copy of my key contact information?

