These people are all able to help you in an emergency.
You can push them out, glue them to a craft stick and create a puppet show.
If there’s an emergency, it’s good to have all of your important telephone numbers with you. That way you can ring anyone you need.

Get a grown-up to help you fill in your details on the card below, then push it out and keep it in your school bag or wallet.

Craft stick and create a puppet show.

My numbers

- Police/Fire/Ambulance: 000 (112 from mobiles)
- Poisons Information Line: 13 11 26
- Kids Help Line: 1800 551 800

My details

- Name: ______________________
- Address: ____________________
- Phone: ______________________
- Blood type: _________________
- Allergies: ___________________
Emergency card

Telephone numbers:  Work  Mobile
Mum:  
Dad:  
Neighbours:  
If I can’t get hold of mum or dad, ring (out-of-town contact):
  
In case of emergency and we can’t contact each other, meet at:
  
Australian Red Cross 
THE POWER OF HUMANITY
Kids emergency card

My numbers
Police Fire Ambulance: 000 (112 from mobiles)
Poisons Information Line: 13 11 26
Kids Help Line: 1800 551 800

My details
Name: ____________________________
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Telephone numbers: Work Mobile
Mum: ____________________________
Dad: ____________________________
Neighbours: ____________________________

If I can’t get hold of mum or dad, ring (out-of-town contact):

In case of emergency and we can’t contact each other, meet at:

Directions
1. Print this card.
2. Cut out the card along the dotted line.
3. Get a grown-up to help you fill in the details.
4. Fold the card to keep in your pocket, wallet or school bag.
   > Fold A first
   > Fold B second
   > Fold C last
The card folds in on itself.

5. Carry your card with you so if an emergency happens you can contact each other.
For more information you can contact your local Red Cross office or visit www.redcross.org.au