

INSTRUCTIONS

1) Print this Document at Home

- Save as PDF > Fill in the blanks on the Contact Card page
- Export as Image (JPEG)
- **FILE > PRINT**
 - Copies: 4 (to keep in your wallet, car, and in your child's bag, etc)
 - 100% Scale (not "fit to page")
 - Copies per page: 4
 - Cut along the border line with paper or scissors
 - Laminate or use a clear wallet sleeve (optional)

In addition to carrying an emergency card, we encourage parents to update their phone's emergency contact settings. First responders often check this information right away.

2) Set Up Phone Emergency Card

iPhone Instructions

1. Open **Health App**
2. Tap profile picture > **Medical ID**
3. Tap **Edit**
4. Input:
 - Child's name
 - Emergency contact (parent or guardian)
5. Turn ON:
 - "Show When Locked"
 - "Share During Emergency Call"

Android Instructions

1. Open **Settings**
2. Search "Emergency"
3. Tap **Emergency information**
4. Input:
 - Emergency contact
 - Relationship
5. Enable lock screen visibility

Emergency Contact Card

Child(ren): _____

Emergency Care Contact:

Name: _____

Phone: _____

Relationship: _____

Special Care (if applicable): _____
