



# Baby Sitter's Emergency Instructions



In case of fire, grab our Family Disaster Plan notebook and **EVACUATE THE CHILDREN AND YOURSELF IMMEDIATELY**. Go to the neighbor's house listed below and call 911 to report the fire. Return to the family's reunion point (listed below) and wait for the fire department. After ensuring the fire department that everyone is out of the house and safe, go back to the neighbor's house and attempt to contact us at the number listed on the next page. You may then stay at the neighbor's house if invited to do so.

Neighbors: \_\_\_\_\_

Family's Reunion Point: \_\_\_\_\_

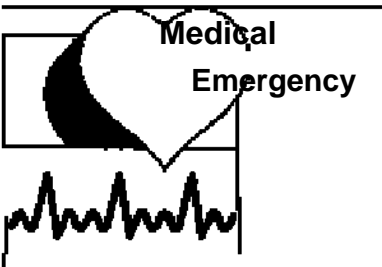


**DROP, COVER AND HOLD** Announce to the children, "Earthquake!" and then take cover beneath a sturdy piece of furniture or along an interior wall. If you are unfamiliar with this procedure, ask the parents to instruct you. The older children are trained on what to do. It is important that you protect yourself so you can help the children following the earthquake. If you get hurt there is no one to help the children.

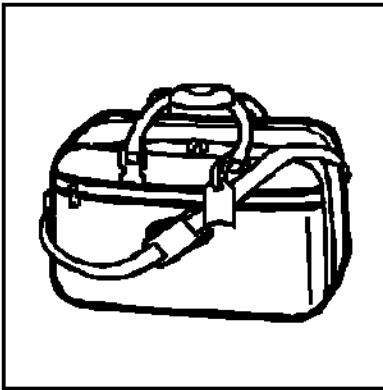
After the shaking stops, check for injuries and damage to the house. If you smell smoke or gas (smells like rotten eggs), evacuate everyone immediately and call 911 from the neighbor's house listed above. Attempt to contact us at the number listed on the next page. If you cannot reach us by telephone, call our "Family Contact" (listed below) and let them know where you are, how everyone is, and what you plan to do.

Family Contact: \_\_\_\_\_

Alternate Family Contact: \_\_\_\_\_

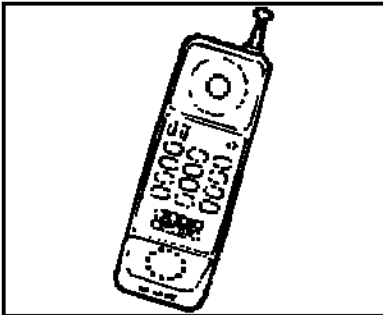


If you encounter a serious medical emergency or other potentially life threatening event involving yourself or the children, **DO NOT HESITATE TO CALL 911 IMMEDIATELY**. If you are able, unlock the door so the medics have immediate access in the event you are later engaged in giving first aid. As soon as possible, contact us at the number listed on the next page. If you are unable to contact us, call our "Family Contact" (listed above) and let them know where you are, how everyone is, and what you plan to do.



In the unlikely event you are forced to evacuate the house, due to an unsafe event in the neighborhood (fire, hazardous material spill, etc.), follow the directions of authorities who may be ordering the evacuation. If left to evacuate without other instructions, take the children to the following location and attempt to contact us at the number listed below. If you are unable to contact us, call our Family contact (listed on the previous page) and let them know where you are, how everyone is, and what you plan to do.

Reunion Point: \_\_\_\_\_  
\_\_\_\_\_



If you are notified that I/We have been seriously injured and are hospitalized, or are unable to return home for any reason, contact the next of kin as well as a local friend of the family (listed below). Follow their instructions on what to do. Notify your parents of the situation.

Next of kin: \_\_\_\_\_

Local Friend: \_\_\_\_\_

*Emergency Medical Information and Emergency Medical Release forms for each of our children are located in our Family Disaster Plan note-book. Take this notebook with you if you evacuate the house or go to the hospital.*

## Special Instructions

When calling 911, stay on the telephone and answer all questions. Follow any directions given to you by the 911 operator.

Our address is: \_\_\_\_\_  
\_\_\_\_\_

The phone number here is: \_\_\_\_\_

Additional Instructions: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Parent Contact Information