

# Family Emergency Medical Plan

This playbook is designed to guide families through the process of developing a personalized medical plan for emergencies. It outlines the steps necessary to prepare for potential health crises and ensure quick and knowledgeable responses to medical emergencies.

## Step 1: **Gather Information**

Collect medical information for all family members, including medical history, medications, allergies, and contact details of healthcare providers.

## Step 2: **Emergency Contacts**

Compile a list of emergency contacts, including local emergency services, immediate family members, and close friends who can provide support.

## Step 3: **Insurance Details**

Document all health insurance information, policy numbers, and contact numbers for quick access during an emergency.

## Step 4: **Meeting Point**

Establish a family meeting point in case of separation during an emergency, ensuring all members know where to go and how to communicate.

## Step 5: **Evacuation Plan**

Create an evacuation plan for various scenarios, such as natural disasters or home fires, and practice it with all family members.

## Step 6: **Medical Training**

Arrange for family members to attend first aid and CPR training courses to empower them to take immediate action if necessary.

## Step 7: **Medical Supplies**

Assemble a medical supply kit with essentials such as bandages, prescription medications, non-prescription drugs, and medical instructions.

## Step 8: **Review Plan**

Regularly review and update the emergency medical plan to ensure all information remains current and relevant.

## Step 9: **Communicate Plan**

Discuss the emergency medical plan with all family members, making sure that everyone understands their role and responsibilities.

## Step 10: **Practice Drills**

Conduct regular drills to practice the emergency plan, simulating various scenarios to ensure efficient and calm responses.

# **General Notes**

## **Accessibility**

Ensure that medical information and supplies are easily accessible to all family members.

## **Digital Copies**

Store digital copies of the medical plan, insurance documents, and contact lists in a secure but accessible location.

## **Special Needs**

Take into account any special needs of family members and include relevant accommodations and instructions in the plan.