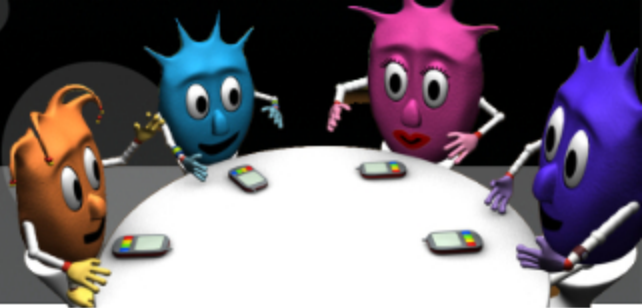


IMPORTANT NUMBERS



Our Family's List of Important Phone Numbers

All families should take the time to create a list of their most important telephone numbers. Having this list could help your family get help when an actual emergency occurs. Include the names of people who may need to be called in the event of an emergency – while it's up to each family to decide which responsible adults or helpers to include, you may want to consider including the information and phone numbers for mom, dad, nearby grandparent, aunt or uncle, neighbor, best friend, babysitter, family doctor, teacher, school, etc.

EMERGENCY	Person/Emergency Assist.	Phone Number	Special Instructions
	Emergency Services (in many areas this number is 9-1-1, but check with your local police department)		Call this number when there is a medical emergency, a fire or for any other incident that you may need a police officer
	Poison Control	1-800-222-1222	American Association of Poison Control Centers (AAPCC). This number will connect you to your local poison center – in an emergency, dial the Emergency Services number for your area
	Our Local Fire Department		
	Our Local Police Department		

FAMILY	Person	Phone Number

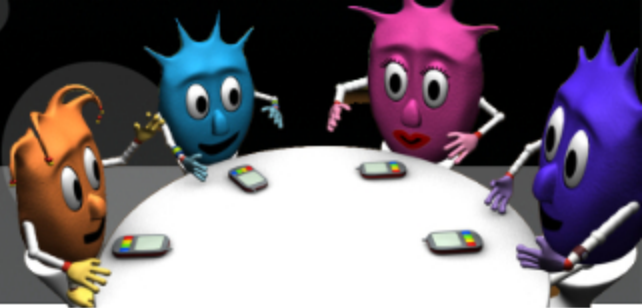
FRIENDS & HELPERS	Person	Phone Number



- The following information is intended to assist your efforts in generating your list:
- Use black or dark colored ink and write each number very clearly. Large print will help all family members to see the numbers without straining.
 - Consider listing people in the order they should be contacted in the event of an emergency. Discuss this factor with your child.
 - Include all relevant numbers for a person: mobile, work, landline (home), etc.
 - Talk with your child about dialing the Emergency Assistance number, in many locations the number is 9-1-1. Discuss when it is appropriate to call 9-1-1, such as during medical emergencies, if they feel they are in danger or if they see a crime.
 - Remind your child that calling 9-1-1 or Emergency Services is for serious emergencies.
 - Consider making a list of each family member's known allergies, and the names of any prescription medications that the individual takes. Doctors frequently need this information. This information can be included on the reverse side of the list.
 - Keep the master list on the refrigerator or on a family bulletin board, and give each family member a copy to place with his or her personal belongings. Parents are also encouraged to program these numbers into their wireless phones.

IMPORTANT NUMBERS

Teaching Your Child to Make an Emergency Call



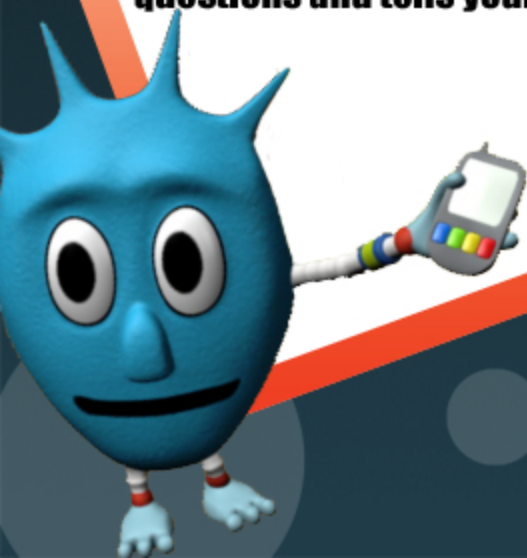
It is very important that each child in your family has the opportunity to practice making an emergency phone call. This is especially true for younger children.

To begin, ask your child to turn his or her phone off in order to practice making an emergency phone call. Remind your child that he or she must have the phone on and push the Emergency button on the phone and then press the Send button and hold it down for three seconds in the event of an actual emergency.

Ask your child to practice saying his or her first and last name clearly and slowly so that the adult at the other end will be able to obtain this information the first time it is given. Ask your child to practice saying, "Hello, my name is _____, and I am calling to report an emergency."

Tell your child that he or she may also be asked to spell their name. Ask your child to state the family's home address, the family's home telephone number, and to briefly describe what the emergency is and where it occurred.

Remind your child that in the event of a real emergency, the child should try to remain calm and to speak clearly. Reinforce that your child should not end the conversation until the adult has completed all of his or her questions and tells your child to hang up the phone.



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