



EMERGENCY & SAFETY · STICK THIS ON THE FRIDGE

The Fridge Door Emergency Sheet

Fill it in once. When something goes wrong, the answers are already on the fridge — not in an app you can't think straight enough to find.



The big ones

Emergency (fire, medical, crime)	911
Poison Control (24/7, free, no judgment)	1-800-222-1222
988 Suicide & Crisis Lifeline (call or text, 24/7)	988
Non-emergency police (noise, minor accidents)	



Health

My doctor	
Nearest urgent care + address	
Nearest ER + address	
Pharmacy	
Health insurance co. + member #	

Urgent care: stitches, sprains, weird rash. ER: chest pain, trouble breathing, head injuries, "this is really bad."



My place

Landlord / property manager	
Maintenance emergency line	
Electric company	
Gas company (smell gas? leave first, call outside)	
Water / internet	
Renters insurance co. + policy #	



People

Emergency contact #1	
Emergency contact #2	
Out-of-town contact	
Neighbor with a spare key	
Roommate cell	



Where stuff is

Breaker box	
Water shut-off valve	
Fire extinguisher	
First-aid kit	
Flashlight	

Don't know where the shut-off valve is? Find out today — the day a pipe bursts is a bad day to learn.



Dad's Quick Take: In an actual emergency your brain goes to about 40% capacity. This sheet is the other 60%. Fill it in tonight — it takes ten minutes.