



# Emergency Card

**Make a Plan.  
Be Prepared.  
Stay Informed.**



## Cardholder's Information

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Street Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_  
\_\_\_\_\_

## Emergency Contacts

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Relationship to Cardholder: \_\_\_\_\_  


Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Relationship to Cardholder: \_\_\_\_\_  
\_\_\_\_\_

## Medical Information

Medical Provider: \_\_\_\_\_

Clinic: \_\_\_\_\_

Phone Number: \_\_\_\_\_  


Allergies: \_\_\_\_\_

Medical Conditions |  
Medications: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# In an Emergency Call 911

Local Police Department  
Phone Number:

---

Local Fire Department  
Phone Number:

---

Poison Control: 1-800-222-1222

Mental Health Crisis: Call 988



## Emergency Alert Notification

Stay informed about local emergencies and hazards by signing up to receive Emergency Notifications.

**SIGN UP**



**Polk  
County**



**Norman  
County**



**Mahnomen  
County**



**POLK COUNTY  
PUBLIC HEALTH**

816 Marin Avenue Suite #125 | Crookston  
WWW.CO.POLK.MN.US/PUBLICHEALTH  
218.281.3385

**NORMAN-MAHNOMEN  
PUBLIC HEALTH**

12 3rd Avenue East | Ada  
115 E. Madison Avenue | Mahnomen  
WWW.CO.NORMAN.MN.US/PUBLICHEALTH  
218.784.5425 | 218.935.2527



**TOGETHER WE CAN** *build a better future!*

