



EASY PHONE REFERENCE LIST

FOR PARENTS AND CAREGIVERS



Fill in your local and personal information. Post in easy-to-find places around your home. You can also give copies to your family, caregiver and others who spend time with your child.

CONTACT

NUMBER

Florida Family Health Line

1-800-451-2229

Assists pregnant women in accessing prenatal care and provides related health information. Available M-F, 8 am – 11 pm and Sat-Sun, 10:30 am – 6:30 pm. Calls are confidential.

Poison Control 24 hours a day, 7 days a week

1-800-222-1222

Local American Red Cross Chapter

1-800-REDCROSS

For emergency shelter or evacuation information

Pediatrician or family doctor

Name:

Fire (non-emergency):

Police (non-emergency):

Electric Company (loss of service):

Mom's work:

Mom's cell:

Dad's work:

Dad's cell:

Children's daycare or school:

Neighbors or friends to contact in case of emergency:

