



Please use the form below to help you make an Emergency Plan for your household

FAMILY EMERGENCY PLANNING FOR COVID-19

Print one copy of your completed form for the emergency caregiver and another in case you need to give it to emergency services, or a health care provider in the case of an emergency.

HERE ARE SOME THINGS TO CONSIDER:

- Don't wait, start your emergency planning now, before you need help
- Contact nearby relatives or close friends to plan for care for your children, in case you cannot care for your children due to self-isolation requirements or in case you become too ill or need to be hospitalized
- If possible, select emergency caregivers who are not at increased risk of getting COVID-19 or getting severely ill. People

who are at increased risk include:

- People who are older
- People of any age who have other serious health problems — such as heart or lung conditions, weakened immune systems, obesity, or diabetes
- Determine whether a emergency caregiver would come to stay at your home, or would your children go to theirs? Remember, your children will have been in close contact with an infected person, so consider what is the safest approach for their care

- Make a list of any special instructions required for care of the children, including if they are on medication, have allergies or require specific routines
- Prepare a bag for your children, packed with all the things they would need if they go to a caregiver's home
- List key phone contacts (family doctor, school, other family members, etc.)
- If you have others in your home, such as elderly parents, determine if they will also require assistance

- If you have pets, consider who would provide care or a temporary place for them to stay
- Talk with your family about the arrangements that you are putting in place

Carefirst Seniors and Community Services Association at 416-502-2323 or info@carefirstontario.ca

Vaughan Community Health Centre COVID-19 Information Line at 905-226-7332

SECTION 1 – PERSONAL INFORMATION

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|---------------------------|---------------|---------------------------|------------------|---------------------|
| Parent/Guardian 1: | Phone: | Parent/Guardian 2: | Phone: | |
| Address: | | City/Town: | Province: | Postal Code: |

LIST ALL OTHER HOUSEHOLD MEMBERS, INCLUDING CHILDREN, ELDERLY PARENTS OR RELATIVES:

| Name | Age | Medical Conditions/History | Special Requirements/Instructions for Care |
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SECTION 2 – EMERGENCY CAREGIVER CONTACT INFORMATION

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|--------------------------------|----------------------------|------------------|---------------------|
| PRIMARY Contact Name: | Relation to Family: | Phone: | |
| Address: | City/Town: | Province: | Postal Code: |
| SECONDARY Contact Name: | Relation to Family: | Phone: | |
| Address: | City/Town: | Province: | Postal Code: |

SECTION 3 – CHILDREN’S INFORMATION

PLEASE LIST INFORMATION BELOW FOR EACH CHILD WHO REQUIRES AN EMERGENCY CAREGIVER:

| Child Name | Family Physician Name | Phone | School/Child Care Name | Phone |
|------------|-----------------------|-------|------------------------|-------|
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SECTION 4 – PET INFORMATION

| Pet Name | Type of Pet | Special Requirements/Instructions for Care |
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