




EMERGENCY PLAN


Emergency Contacts List

Emergency Contacts
First Contact's Name:
First Contact's Phone:
Second Contact's Name:
Second Contact's Phone:


Health + Medical Contacts
Doctor's Phone:
Pharmacy's Phone:
Hospital's Phone:
Vet's Phone:

Other Contacts
School or Daycare Phone:
Other:
Other:
Other:

 **9-1-1**
For emergencies like fires, medical needs, and crimes

 **703-558-2222**
For non-emergency needs like noise complaints, graffiti, or towed cars


 **703-228-3000**
For general inquiries about County services


 **703-228-1010**
For emergency shelter needs during non-business hours

 **703-228-5150**
For mental health services

 **703-228-5160**
For mental health emergencies

 **703-228-1300**
For help with things like food, rent, child care, utilities, medical care, and homelessness prevention

 **703-228-4715**
For park and community center opening status

 **866-322-4277**
For Arlington Public Schools needs including opening status



Sign up for Arlington Alert for free emergency, weather, and traffic news: ArlingtonAlert.com

Medications List & Medical Alert Info

Medicine	Dosage	Frequency

Other Notes (e.g., allergies, medical equipment, sensory needs):



MEDICAL ALERT INFO



Emergency Kit Supply List

Tip: Find many kit items in your home or local dollar store.

Emergency kits contain household items that you need during and after an emergency including food, water, and other supplies. Use the list below to build yours.

- ✓ Food and water for you, your family, and pets
- ✓ Flashlight
- ✓ Extra medications for you, your family, and pets
- ✓ Battery or hand-crank radio
- ✓ First aid kit
- ✓ Personal hygiene items (toothbrush, toothpaste, deodorant, tampons/pads)
- ✓ Moist toiettes or wipes
- ✓ Extra contact lenses and contact lens solution
- ✓ Face masks
- ✓ Local maps
- ✓ Extra batteries
- ✓ Hand sanitizer
- ✓ Whistle
- ✓ Personal comfort item (books, puzzles, or cards)
- ✓ Wall chargers/USB chargers
- ✓ Wrench, pocket knife, or multi-tool
- ✓ Extra clothes
- ✓ Duct tape
- ✓ Trash bag
- ✓ Cash (singles and coins)

Tip: Prefer to buy a complete kit? Check out a big box store!

Pet Preparedness: Tips & Pet Emergency Kit Items

- **Make sure your pet wears a collar with identification tags** so people know how to reach you if you're separated.
- **Take pictures with your pet** to prove ownership.
- **Use a buddy system.** Plan with neighbors, friends or family to make sure that someone can help with your pets if you need it.
- **Have your pet microchipped.** The Animal Welfare League of Arlington hosts microchipping events (703-931-9241 or awla.org).
- **Get emergency pet housing.** The Animal Welfare League of Arlington offers emergency pet housing through the HELP program for those who qualify (703-931-9241 or awla.org).
- ✓ Leash + Collar
- ✓ Poop Bags
- ✓ Food/Water Bowls
- ✓ Food and Treats
- ✓ Toys or Comfort Items