

OUT-OF-AREA EMERGENCY CONTACT 

NAME _____

PHONE _____

EMAIL _____

coquitlam.ca/ep 

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Choose a emergency contact who lives outside BC and wouldn't be affected by a major event, such as an earthquake.



In an emergency, local phone and mobile networks could be overwhelmed or unavailable. Try using text messaging, email or social media to communicate before calling your emergency contacts.



When you reach your emergency contact: **1** Tell your contact how you are and where you plan to you be. **2** Ask who else has checked in. **3** Say when you will check in again. Keep the call short, others will be trying to call their emergency contacts.



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