



My Emergency Plan

My Phone Number is: _____

Emergency Numbers

VNA 24/7 Hotline: _____

Ambulance: 911 or _____

Fire: 911 or _____

Police: 911 or _____

Vermont Poison Control: 1-802-658-3456

NH Poison Control: (from NH) 1-800-562-8236

Doctor(s):

Home Health Agency

Branch: _____

To reach my visiting nurse

Monday – Friday 8:00 a.m. – 4:30 p.m.: _____

Off-hours (evenings/weekends/holidays) _____

Nurse: _____

Therapist: _____

Home Health Aide: _____

Local Emergency Contact(s)

Drug Store: _____

Senior Center: _____

Directions to home on back 

