



Emergency Contacts Card

Keep important contact information at your fingertips with this printable emergency contacts card. Fill in your personal details and essential numbers, then keep it in your wallet for quick access when you need it most.

1	2	3
Personal Emergency Contacts Family Member: _____ Phone: _____ Doctor: _____ Phone: _____ Pharmacy: _____ Phone: _____	Important Government & Safety Numbers Local Police: _____ FTC Fraud Hotline: 1-877-FTC-HELP FBI Internet Crime: IC3.gov Social Security: 1-800-772-1213 Medicare: 1-800-MEDICARE AARP Fraud Watch: 1-877-908-3360	Credit Bureau Fraud Alerts Equifax: 1-800-525-6285 Experian: 1-888-397-3742 TransUnion: 1-800-680-7289

 **Print this card at wallet size (3.5" x 2")** for easy carrying. Use high-contrast settings and laminate for durability. Keep one copy in your wallet and another at home in a safe place.

About Cybersecurity Non-Profit

Making cybersecurity knowledge accessible to everyone

Through education, community support, and practical resources, CSNP empowers individuals and organizations to stay safe in our digital world. All our programs and resources are completely free.

Business & Non-Profit Security

Protect your organization with comprehensive security training and resources

Family Cybersecurity

Keep your loved ones safe online with practical family safety guidance

Kids Safety

Age-appropriate digital safety education for children and teens

Senior Digital Safety

Specialized programs designed for adults 65+ to navigate technology safely

Women's Security

Targeted cybersecurity resources addressing unique safety challenges

Parents & Educators

Tools and training to help guide the next generation online

[Visit csnp.org](https://csnp.org)

[Browse Free Resources](#)