



Family Emergency Contact Form

Organize emergency contacts, medical details, document locations, backup meeting points, and family communication steps before emergencies happen.

In emergencies, stress and panic can make it difficult to remember critical information. This form helps Malaysian families keep essential contacts, medical details, and emergency plans organized in one place.

Family Information

Item	Details
Family Name	
Home Address	
Primary Phone Number	
Secondary Phone Number	
Emergency WhatsApp Group Name	

Emergency Contacts

Contact	Phone Number	Notes
Police / Balai Polis		
Hospital / Klinik		
Family Member		
Neighbor		
School / Childcare		

Out-of-State Contact		
----------------------	--	--

Medical Information

Family Member	Medical Conditions / Allergies	Medications

Important Documents

Document	Storage Location
Identification Documents	
Birth Certificates	
Insurance Policies	
Medical Records	
Banking Information	
Property / Vehicle Documents	

Emergency Meeting Points

Scenario	Location
Nearby Meeting Point	
Flood Evacuation Location	
Out-of-Area Meeting Point	
School Pickup Backup Location	

Family Communication Steps

Done	Action Step
■	Use SMS if calls cannot connect
■	Check family WhatsApp group regularly
■	Charge power banks before severe weather
■	Carry printed emergency contact lists
■	Assign one person to contact extended family
■	Check in at scheduled times if separated

Prepared families respond faster and safer.

Keep copies of this form at home, inside emergency bags, and with trusted family members.