

## Emergency Action Plan and Contact List

Be prepared. Download and complete this form, then walk through it with your spouse and household staff and post somewhere central in your home.

### **ACTION PLAN**

#### PRIMARY PHYSICIANS

*Names and numbers of each family member's primary physician*

#### TRANSPORTATION

*Names and numbers of a driver or friends/neighbors with a car*

#### TRANSLATORS

*Names and numbers of a people who can serve as translators*

#### CONSULATE/EMBASSY

*Phone number and address of the appropriate consulate/embassy*

#### HEALTH INSURANCE INFORMATION

*Health insurance ID numbers; phone numbers for insurance representatives*

#### POWER OF ATTORNEY

Contact information for the person you've designated as Power of Attorney

#### OTHER EMERGENCY CONTACTS

Other emergency contacts (names and numbers of family/friends) –in and out of China

#### POISON CONTROL CENTER IN YOUR HOME COUNTRY

*(USA number: 1-800-222-1222)*

## LIST OF EXISTING MEDICAL CONDITIONS

*Existing medical conditions and allergies for each member of the family. Ask a health professional at the clinic you use to translate into Chinese and English*

## EMERGENCY CONTACTS

### HOSPITALS:

Patients 14 years old and above:

•Rui Jin Hospital - Shanghai Jiao Tong University School of Medicine A

上海交通大学医学院附属瑞金医院

No.197, Rui Jin Er Road (Near Yongjia Road)

上海市瑞金二路 197 号(永嘉路口)

Tel: 6437 0045

•Huashan Hospital

华山医院

12 Wulumuqi Zhong Road

上海市乌鲁木齐中路 12 号

Tel: 6248 9999

Pediatric Emergencies (Patients under 14):

•Shanghai Children's Medical Center-Pudong

上海儿童医学中心—浦东

No. 1678 DongFang Rd. Shanghai.

上海市东方路 1678 号

Tel: 3862 6161

•Children's Hospital of Fudan University

复旦大学附属儿科医院

Location 1: 183 Fenglin Rd., near Xietu Rd.

枫林路 183 号, 近斜土路

Location 2: 399 Wan Yuan Road

万源路 399 号

Tel: 6416 9809

•Shanghai Children's Hospital

上海市儿童医院

24 Lane 1400 Beijing Xi Lu

北京西路 1400 弄 24 号

Tel: 6247 4880

ext. International Clinic

**EMERGENCY NUMBERS**

120 –Ambulance

110 –Police

119 - Fire Brigade

6279 8990 - Shanghai Lifeline