

Personal Emergency Action Plan (EAP)

Knowing the answers to the questions below can be a good first step in keeping yourself safer in an emergency. Remember, many important phone numbers can be found through International SOS using the membership information provided to you in your iAbroad account.

Know Your Emergency Contact Information

Look up/ask for the numbers for the following agencies nearest to your study and/or travel location(s):

Host university's emergency contact (international office, etc.): _____

City or Country's 911 equivalent: _____ Local Govt. /Visa Office: _____

Consulate/Embassy: _____ Police: _____

Fire: _____ Hospital: _____

UVM Police Services (24/7): 1-802-656-3473 International SOS (my region): _____

Health Insurance: _____ Translator Services: _____

Local friend: _____ Other: _____

UVM Office of International Education may be reached 24/7 through UVM Police Services.

Where is the best place for you to keep this information that it will always be immediately available to you? Cell phone? With passport? Wallet? _____

Who will you call first, second, third, etc. in an emergency?

1. _____ 2. _____ 3. _____

Do your emergency contacts have each other's phone numbers so they can communicate and relay information about you to each other? _____

What are some alternate ways of communicating with your emergency contacts?

Telephone (landline) Smart Phone/Cell Phone/Text Message E-mail/Internet
Social Networks Satellite Phone Fax

Who would you like those assisting you to contact in the event of your illness, injury, incarceration, kidnapping, etc.?

Do all of your emergency contacts know what your wishes are in the event of your serious injury or death? _____

Where does your nearest emergency contact live, and how fast can you get to him/her?

Know Where to Go

Where should you go first in an emergency, and what method of transportation will you use to get there? _____

Be aware of all your emergency transportation options. Know the numbers to the following:

Airport: _____ Bus Station: _____

Train Station: _____ Metro Station: _____

Rent-a-Car: _____ Boat/Ferry/Port Authority: _____

Backup Plan/Special Conditions

If the situation does not permit you to follow the original emergency plan, what is the back-up plan (Plan B)?

Are there any special conditions to consider which are unique to your situation (i.e. weather conditions/hazards in your region of study/travel, a personal physical/mental disability, poor public transportation or phone service in your area)?

Emergency Kit/Money

Which items do you need to add to your emergency first aid kit before it is fully stocked and ready?

Do you have emergency cash reserves, travelers' checks, credit cards, etc. on-hand, in case you can't count on banks/ATMs, or get to a bank/ATM?

Using the emergency supplies and reserve money you have set aside, for how many days would you be able to sustain yourself, and what would you use each day?

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