

# What to Do When I'm Home Alone

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Follow your approved home-alone plan. Practice these steps with a trusted supporter.**

**IF Someone is at the door**

Keep the door locked. Check safely. Call a trusted person if unsure.

**IF The phone rings**

Do not share personal information. Hang up if the call feels wrong.

**IF I smell smoke or gas**

Leave the home immediately. Move to a safe place and call 911.

**IF The power goes out**

Use a flashlight. Contact a trusted person and follow my outage plan.

**IF I feel sick, scared, or unsafe**

Call my trusted person. Call 911 for an emergency.

## Before I am alone

- My phone is charged.
- I have food, medication, and needed supplies.
- I know when someone will return.
- My emergency contacts are easy to find.

## My contact plan

First person to call: \_\_\_\_\_

Backup person: \_\_\_\_\_

My address: \_\_\_\_\_

Expected return time: \_\_\_\_\_