

## I Keep Healthy and Safe



## I know my address and phone number.

It is important to know where I live and my telephone number.

- In case I get lost, get hurt, or need help, I can call a telephone number of someone in my family.
- My house has a number and a street name. My street is in a town. The town is in a state.
- My telephone number has ten numbers. When a person calls this number, the phone will call my family member's telephone.
- A police officer or another safe person can help me get home if I tell him or her my home address.
- To help me remember, I can write the phone number and address on a card and keep it next to my bed. Every night, before I go to sleep, I repeat this number 5 times.
- I can also wear an identification bracelet or carry an I.D. card that lists my address and an emergency telephone number.



