

MASA Solo Household Emergency Checklist

Use this checklist to help you prepare for emergencies and to conduct an annual review of your emergency planning.



Personal Safety

- ☐ Designate at least one emergency contact and a daily check-in contact (such as a trusted family member, close friend, neighbor, or coworker)
- ☐ Set up a daily check-in routine
- ☐ Store ICE (In Case of Emergency) contacts in your phone
- ☐ Create a printed ICE information sheet for your home

Home preparedness

- ☐ Ensure a trusted person can check in on your home
- ☐ Share emergency contact information with a trusted neighbor or daily check-in contact
- ☐ Keep important documents in a known, secure location shared with an emergency contact

Technology & communication

- ☐ Enable emergency features on your smartphone and register your information
- ☐ Consider a smart home device for hands-free calling
- ☐ Evaluate whether a medical alert system is right for you
- ☐ Keep chargers and backup batteries readily available
- ☐ Download the MASA mobile app for iOS or Android on your mobile device
- ☐ Store MASA membership information in an accessible location for your emergency contacts

Pet and home care planning

- ☐ Identify someone who can care for pets during an emergency
- ☐ Leave written feeding and care instructions
- ☐ Share veterinarian contact information
- ☐ Arrange for mail, packages, plant care, and home monitoring if hospitalized

Emergency response readiness

- ☐ Know two ways to call for help (phone, smart speaker, medical alert device, etc.)
- ☐ Identify an alternate way to communicate if power or internet is unavailable
- ☐ Make sure emergency exits and pathways are clear
- ☐ Keep frequently used medications and your phone within easy reach, especially overnight

Annual review and practice

- ☐ Walk through a “what if” emergency scenario at least once a year
- ☐ Practice calling or messaging your emergency contact
- ☐ Test your medical alert device or emergency app (if applicable)
- ☐ Practice using voice commands on your smart home device to call for help
- ☐ Review where emergency information, medications, and important documents are located
- ☐ Confirm your emergency contact knows what to do if they can't reach you
- ☐ Make sure your emergency contact knows you have MASA
- ☐ Tell your emergency contact where important benefit documents, your medication list, and ICE information are kept
- ☐ Review medications, medical information, and ICE information
- ☐ Verify key holders and pet care arrangements
- ☐ Update emergency contacts