

Emergency contacts

Fill in by hand. Keep beside the phone or first-aid kit.



000 / Ambulance, police or fire. Do not delay an emergency to look up another number.

Poisons Information / 13 11 26

Call for suspected poisoning in Australia. Do not wait for symptoms.

healthdirect / 1800 022 222

Health advice when it is not an emergency.

When calling 000

Say which service you need, your exact location and what happened. Stay on the line and follow instructions.

Exact address

Suburb / town, state and postcode

Gate, access or landmark instructions

GP / medical centre: name and phone

Nearest hospital: name, phone and entrance

Trusted person: name, phone and relationship

Allergies / conditions / medicines / action plan location

Pets / other access notes

Last checked (date)

Keep it current

Check after a move or change of contact, medicines or action plan. Include only personal information you are comfortable displaying.

Sources: Healthdirect: Calling 000; NSW Poisons Information Centre; Healthdirect: Need help now.