72h

Emergency contacts sheet and wallet cards

Keep one by the phone or on the fridge, one in your kit, and a card in each wallet.

National numbers

999 or 112
Police, fire, ambulance, coastguard
Immediate danger to life

111
NHS 111
Urgent medical help that is not an emergency

105
Power cut
Free, connects you to your local network operator

0800 111 999
Gas emergency
If you smell gas or suspect carbon monoxide

0345 988 1188
Floodline
Flood warnings for England, Scotland and Wales

101
Police non-emergency
Report something that is not urgent

Our contacts

Who	Name	Phone
Family contact 1		
Family contact 2		
Out-of-area contact		
Neighbour		
GP surgery		
Pharmacy		
School or childcare		
Work		
Vet		
Energy supplier		
Water company		
Home insurer and policy no.		

✂ Cut out and keep in your wallet or purse

In an emergency — Please call

Name

Phone

Medical needs

999 Emergency | 111 NHS | 105 Power cut

In an emergency — Please call

Name

Phone

Medical needs

999 Emergency | 111 NHS | 105 Power cut