

Be Prepared For Emergencies

Keep the following list handy:



- Doctor's Name & Contact No.
- Your Blood Group
- Family & Neighbour Contacts
- Local Emergency Services Nos.
- Ambulance No
- Hospital Name & Patient ID
- Location of Your Medical File



Place this chart on your Refrigerator /
TV / Visible Spot



Keep entrance door keys with a trusted
neighbour

Stay Prepared — Keep Emergency Numbers Accessible Everywhere!