

Print on A4 paper and cut away this half.

Write in the emergency contacts and paste this chart close to the home phone.

Emergency Contacts

Write your name here	Fill number
Write your parent's neighbour's name here	Fill number
Write your family doctor's name here	Fill number
Police	999
Civil Defence (Fire / Emergency Ambulance)	995
Others: e.g. Community befriender, home nurse, relative	Fill number



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