



YOUR QUICK REFERENCE

EMERGENCY HELP TELEPHONE NUMBERS

Ambulance/Fire/Police

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Your Address:.....

Nearest Cross Street:.....

Your Telephone Number: Mobile:

Poisons Information Centre:

Local Police Station:

Doctor:.....

Child and Family Nurse:

Chemist:

Neighbour:

Occasional Care:.....

Other important contact numbers:

Tresillian 24 Hour Parent's Help Line

(02) 9787 0855 or 1800 637 357 (Outside Sydney)

IN AN EMERGENCY

1. Take charge
2. Call out for help
3. Assess hazards and make the area safe
4. Find out what happened
5. Assess responsiveness
6. Send or call for help