RYAN PREPS

THE FRIDGE LIST

UK emergency numbers. Know them before you need them.

IF LIFE IS AT RISK

999 or 112

Police, fire, ambulance, coastguard.

Can't speak on the phone? Text 'register' to 999 now, so you can text 999 in an emergency.

WHEN IT'S URGENT, NOT AN EMERGENCY

111
NHS urgent medical help

101
Police non-emergency

AT HOME

	England, Scotland & Wales	Northern Ireland
Power cut	105	03457 643 643
Smell gas	0800 111 999	0800 002 001
Flooding	Floodline 0345 988 1188	0300 2000 100

YOUR NUMBERS

Family contact _____
Neighbour _____
GP / pharmacy _____
Water supplier _____
Energy supplier _____

Council _____
School / nursery _____
Vet _____
Home insurance _____
Landlord / housing _____

Phones can die. Paper can't.

Keep one copy here, one in your grab bag.

Show everyone at home where this is.