



# Waiting for an Ambulance



In the event of calling for an ambulance, there are a few things you or a family member can do to prepare for the arrival of the ambulance.

**For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance**

## **EMERGENCY MEDICAL INFORMATION**

Obtain a copy of the *Personal Health Diary* brochure from the Ambulance website at:  
[www.ambulance.nsw.gov.au/publications/pubs.html](http://www.ambulance.nsw.gov.au/publications/pubs.html)

Fill in your health details on the brochure and fix the brochure to the front of your fridge or leave it next to the telephone so paramedics can find it easily in an emergency.

## **WHILE WAITING FOR AN AMBULANCE**

- > Pack a few personal items such as toiletries, underwear and a change of clothes.
- > Gather all of your medications together.
- > Be prepared with your Medicare Card, Department of Veteran Affairs Card or Pension Card.
- > Have any doctors or specialists letters and X-rays ready with you.
- > Ensure your pets are restrained. Although your pet may be placid, it can sense when you are upset and distressed and may attack the paramedics.
- > Lock the rest of the house up in preparation for leaving.
- > Make sure you have your front door keys.
- > Turn on the front light at night before paramedics arrive.
- > Move any cars out of the driveway to make ambulance access for paramedics easier.
- > Stay calm.

## **PREPARING YOUR PROPERTY**

- > Make sure your house or lot number is clearly visible on your letter box or front gate and also on your front door.
- > Pruning hedges and plants back to make existing numbers visible helps paramedics to locate your address quickly.

## **FIRST AID COURSES**

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

### **For further information please contact:**