

Be Prepared



NSW Ambulance

Emergency phone numbers



NSW Ambulance



Triple Zero (000)



NSW Police Force



Triple Zero (000)



Fire + Rescue NSW



Triple Zero (000)



NSW Rural Fire Service



Triple Zero (000)



NSW State Emergency Service (SES)



132 500

Non-emergency

HealthDirect Australia
1800 022 222

Police Assistance Line
131 444

Helpful tips around the house!

- Keep a basic first aid kit at home for when you don't require an ambulance
- Follow advice from your GP including taking your medications properly
- Additional over the counter medications such as pain relief can be kept at home to manage non-life threatening illness and injuries
- Keep a summary of each person's medical history, the medications they take and their allergies so the information is available in an emergency
- Download the Emergency+ app to assist in making a Triple Zero (000) call
- Drink plenty of water, eat healthy and exercise daily!



Other important numbers

After hours GP Helpline	1800 022 222
NSW Poisons Information Centre	13 11 26
Maritime Rescue NSW	(02) 9450 2468
Lifeline	13 11 14
Kids Helpline	1800 55 1800
Asthma Australia	1800 645 130
Diabetes Australia	1300 136 588
Bushfire Information Line	1800 679 737
Text based Triple Zero (000)	106



Text based Triple Zero (000) is a service for people who are deaf, or who have hearing or speech impairment (can only be used with a teletypewriter or a device for the deaf).