

Your Information

You might find it useful to complete these details and keep them somewhere safe. You should be able to find all these numbers in your local telephone directory. You might also want to add in contact numbers for your close relatives.

Name	Number
Emergency Services	999
NHS Direct	0845 4647
Anti-Terrorism Hotline	0800 789 321
Foreign and Commonwealth Office	0870 606 0290
Local Police Station	
Local Authority	
Doctor	
Work	
School	

Details of Medication	
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