



Emergency Checklist

Emergency numbers

Place this list in an accessible area of the house. Make sure everyone within the household is aware of it. If there are young children within the household, teach them when it is appropriate to contact emergency services.

- Any Emergency - **999**
- Ambulance / Medical Emergency - **112**
- Poison Control | Opening hours: 8am – 10am - **01 809 2166**

Mater Private Network Emergency Department

- **Dublin:** Tel: **1800 222 999** | Opening hours: 8am – 7pm, Every Day
- **Cork:** Tel: **021 601 3333** | Opening hours: 8am – 8pm, Monday to Friday

Mater Private Network Urgent Cardiac Care

- **Dublin:** Tel **1800 247 999** | Opening hours: 24 hours a Day, Every Day
- **Cork:** Tel: **021 601 3258** | Opening hours: 8am – 8pm, Monday to Friday

Your Contacts

Community

Local Garda station

Chemist

Mobile numbers of people within the household

Name Phone

Name Phone

Name Phone

Name Phone

Other important numbers (work, friends, family, neighbours, etc)

Name Phone

Name Phone

Name Phone

Emergency checklist

You should ensure that you have the following up to date items at hand in case of an emergency.

- Copy of medication list
- Copy of medical history
- Insurance / policy number (*if applicable*)

Visit www.materprivate.ie for more information.

- List of allergies (*if applicable*)
- First aid kit (*check the expiration date of the items 1 to 2 times per year*)
 - Gauze or dressings (different sizes)
 - Wound plasters/adhesives (different sizes)
 - Elastic bandages
 - Ice pack
 - Microporous (medical) tape
 - Scissors
 - Tweezers
 - Burn gels
 - Wound cleanser (wipes or pads)
 - Triangular bandage
 - Pair of gloves
 - Over the counter medications
 - Paracetamol
 - Ibuprofen