



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.

999 – Any Emergency

112 – Ambulance / Medical Emergency

01 809 2166 – Poison Control | Opening hours: 8am – 10am

Mater Private Network Emergency Department

Dublin: Tel: **1800 222 999** | Opening hours: 8am – 7pm, Monday to Saturday

Cork: Tel: **021 601 3333** | Opening hours: 9am – 5pm, Monday to Friday

Mater Private Network Urgent Cardiac Care

Dublin: Tel **1800 247 999** | Opening hours: 24 hours, 7 days a week

Cork: Tel: **021 601 3326** | Opening hours: 9am – 5pm, Monday to Friday

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 _____

Visit www.materprivate.ie for more information.

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)*
- 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