SHELF RELIANCE / EMERGENCY CONTACTS

Canada

A4 - one page - print single-sided - keep somewhere easy to find

Police, ambulance or fire

911

Give your location, explain what happened and follow the operator's instructions. [1]

MEDICAL ADVICE & POISON INFORMATION

Canada, except Quebec

Poison information

1 844 764 7669

Connect to a Canadian poison centre. Quebec has a separate number below. [2]

Quebec

Quebec poison information

1 800 463 5060

Use this number for poison advice in Quebec. [2]

Local doctors and medical care

For non-emergency care, contact a local doctor or clinic. Check official healthcare guidance for treatment and access arrangements. [3]

NON-EMERGENCY POLICE & ASSISTANCE

Non-emergency help while travelling

For non-urgent police matters, contact a local station. Official travel guidance lists assistance routes for crime victims and other incidents. [1]

POWER, GAS & WATER

Local utility; linked guidance is from Alberta

Power outages and utility faults

Use your local utility's outage contact. Arrangements depend on your province and distribution company. [4]

MY LOCAL CONTACTS

Doctor / clinic: _____ Utility / water: _____

My embassy / consulate in this destination (add before travel):

Short codes and freephone numbers may not work from foreign SIMs. For local services, check your provider or the official sources below.

[1] GOV.UK travel advice - gov.uk
[2] Government of Canada - canada.ca
[3] GOV.UK travel advice - gov.uk
[4] Alberta government - alberta.ca