SHELF RELIANCE / EMERGENCY CONTACTS

Denmark

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

Police, ambulance or fire

112

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

MEDICAL ADVICE & POISON INFORMATION

Capital Region

Out-of-hours medical advice

1813

Use the service for your region when medical help cannot wait until your GP reopens. [2]

Region Zealand

Out-of-hours medical advice

1818

Use the service for your region when medical help cannot wait until your GP reopens. [2]

North Denmark Region

Out-of-hours medical advice

70 15 03 00

Use the service for your region when medical help cannot wait until your GP reopens. [2]

Central Denmark Region

Out-of-hours medical advice

70 11 31 31

Use the service for your region when medical help cannot wait until your GP reopens. [2]

MEDICAL ADVICE & POISON INFORMATION

Region of Southern Denmark

Out-of-hours medical advice

70 11 07 07

Use the service for your region when medical help cannot wait until your GP reopens. [2]

NON-EMERGENCY POLICE & ASSISTANCE

Police non-emergency

114

For non-urgent police assistance. Foreign mobiles may need +45 114. [3]

POWER, GAS & WATER

Find your electricity network operator

Use the official guidance and elnet.dk directory to find the local grid company for a power cut. [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] European Commission - digital-strategy.ec.europa.eu

[2] Life in Denmark - lifeindenmark.borger.dk

[3] Danish Police - politi.dk

[4] Life in Denmark - lifeindenmark.borger.dk