# Finland

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

**Finland, except Åland**

**Medical helpline**

**116 117**

Advice about urgent health problems before going to an emergency clinic. Regional arrangements vary. [2]

**Poison information**

**0800 147 111**

National advice about acute human poisoning. [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. [4]

### POWER, GAS & WATER

**Power cuts and local outage map**

Use the national outage map and your electricity network operator for local fault information. [5]

### 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] Medical Helpline 116117 - 116117.fi
[3] HUS - hus.fi
[4] GOV.UK travel advice - gov.uk
[5] Suomi.fi - suomi.fi