SHELF RELIANCE / EMERGENCY CONTACTS

Japan

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

Ambulance or fire

119

Police

110

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

MEDICAL ADVICE & POISON INFORMATION

Participating areas only

Medical telephone advice

#7119

Available only in participating areas. Hours and alternative full numbers vary; use the official area list if the short code does not connect. [2]

NON-EMERGENCY POLICE & ASSISTANCE

Police consultation

#9110

For non-emergency police advice. Use your local station if your telephone service cannot dial hash short codes. [3]

POWER, GAS & WATER

TEPCO Power Grid distribution area

Electricity faults: TEPCO area

Use TEPCO Power Grid's outage contact information. Other electricity network areas have different contacts. [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] Fire and Disaster Management Agency - fdma.go.jp
[3] National Police Agency - npa.go.jp
[4] TEPCO Power Grid - tepco.co.jp