SHELF RELIANCE / EMERGENCY CONTACTS

Norway

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

Ambulance	Police	Fire
113	112	110

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

MEDICAL ADVICE & POISON INFORMATION

Out-of-hours medical care

116 117

For urgent medical help when your GP is unavailable and the condition is not life-threatening. [2]

Poison information

22 59 13 00

Advice about acute or suspected poisoning. [3]

NON-EMERGENCY POLICE & ASSISTANCE

Police non-emergency

02800

Contact the police for non-emergency matters. [4]

POWER, GAS & WATER

BKK distribution area

Electricity outages: BKK network

Check current outage guidance and contact the network operator for your address. Other network areas have separate contacts. [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] GOV.UK travel advice - gov.uk
[2] Helsenorge - helsenorge.no
[3] Helsenorge - helsenorge.no
[4] Norwegian Police - politiet.no
[5] BKK - bkk.no