New Zealand

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

Police, ambulance or fire

111

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

MEDICAL ADVICE & POISON INFORMATION

Healthline

0800 611 116

Free health advice and guidance about where to get care. [2]

Poison information

0800 764 766

National Poisons Centre advice for suspected poisoning. [3]

NON-EMERGENCY POLICE & ASSISTANCE

Police non-emergency

105

For matters that do not need an immediate police response. [4]

POWER, GAS & WATER

Power outages and local lines companies

Check your local lines company or electricity retailer for an outage and fault reporting. [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] New Zealand government - govt.nz
[3] National Poisons Centre - poisons.co.nz
[4] New Zealand Police - police.govt.nz
[5] Electricity Authority - ea.govt.nz