SHELF RELIANCE / EMERGENCY CONTACTS

Poland

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]

DIRECT EMERGENCY SERVICES

Ambulance

999

Direct emergency contact. Use only when urgent assistance is needed. [2]

Police

997

Direct emergency contact. Use only when urgent assistance is needed. [2]

Fire

998

Direct emergency contact. Use only when urgent assistance is needed. [2]

MEDICAL ADVICE & POISON INFORMATION

Where to get medical care

800 190 590

Patient information line: find nearby healthcare, including night and holiday services. This is service information, not an emergency dispatch line. [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. [2]

POWER, GAS & WATER

Electricity emergency

991

Report electricity network faults. [4]

Gas emergency

992

Report suspected gas leaks and gas network faults from a safe location. [4]

Water and sewer emergency

994

Contact the local water and sewer emergency service. [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] GOV.UK travel advice - gov.uk
[3] Polish patient portal - pacjent.gov.pl
[4] Polish government - gov.pl