United States

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

Police, ambulance or fire

911

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

MEDICAL ADVICE & POISON INFORMATION

Poison Help

1 800 222 1222

Connect to the poison centre serving your area for possible poisoning. [2]

Local doctors and medical care

For non-emergency care, contact a local doctor or clinic. Check official healthcare guidance for treatment and access arrangements. [3]

NON-EMERGENCY POLICE & ASSISTANCE

Police non-emergency contacts

Use the local police department for non-urgent reports. There is no single nationwide police non-emergency telephone number. [4]

POWER, GAS & WATER

Local utility; linked guidance is from Massachusetts

Power outages and utility faults

Report the fault directly to your local electric or gas utility using the contact on your bill. This state guidance explains the reporting route. [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] US Health Resources and Services Administration - poisonhelp.hrsa.gov
[3] GOV.UK travel advice - gov.uk
[4] USAGov - usa.gov
[5] Massachusetts government - mass.gov