

POISON INFORMATION CENTRE (24 HRS) 0861 555 777

POLICE/FIRE 10111

NATIONWIDE AMBULANCE (PUBLIC EMS) 10177

NETCARE 911 (PRIVATE EMS) 082 911

ER 24 (PRIVATE EMS) 084 124

ANY EMERGENCY FROM A CELL PHONE 112 (toll-free)

**EMERGENCY CONTACT:** 

Name .....

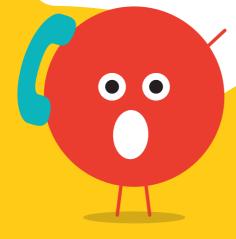
Relationship .....

Phone ....

MEDICAL AID

Medical Aid number

FAMILY DOCTOR/PAEDIATRICIAN:



MONOKit by Dr. Carmen