

Emergency



It's important to remember that in **emergency** situations where there are no trusted adults around, we can ask strangers for help but should stay where there are lots of people around and not go anywhere alone with the person who is helping us. Additionally, there are special numbers we can call for different types of emergencies such as **100 for the police, 101 for firefighters, 102 for the ambulance, and 112 for any kind of emergency.**

Things you should remember to keep yourself safe and healthy:

- Your parent's phone numbers.
- Your blood group.
- Your allergies.
- Last tetanus shot.