

Emergency Contacts

Keep near the phone or on the fridge. — CareStart Ireland

IN AN EMERGENCY

Emergency services (ambulance, fire, Gardaí)	999 or 112
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HSE Live — general health information	1800 700 700
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Citizens Information Phone Service — entitlements & supports	0818 07 4000
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FILL IN FOR YOUR RELATIVE

GP name	_____
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GP phone number	_____
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Pharmacy name & number	_____
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HSE Local Health Office (public health nurse / OT / home support)	_____
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Home care provider (if any)	_____
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Next of kin / primary carer	_____
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Other family contact	_____
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Other family contact	_____
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Medications — see medication list	_____
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*This card is for quick reference only — it doesn't replace advice from a GP or the HSE.
For entitlements and next steps, see citizensinformation.ie and hse.ie.*

CareStart Ireland is an independent information resource for family carers in Ireland. It does not provide medical, legal, or financial advice — always confirm entitlements and care decisions with the relevant named service. Last reviewed: 17 July 2026.