



QUICK PHONE GUIDE

Include your own health and safety contact numbers, print and stick on the fridge!

Organisation	Phone
Arthritis Foundation	1800 011 041
Asthma Foundation	1800 645 130
Cancer Council	13 11 20
First Aid	1300 360 455
Immunisation Hotline	1800 671 811
Kids Help Line	1800 551 800
Lifeline Australia	13 11 14
Physical Activity Infoline	1300 885 602
Poisons Information Line	131 126
Quitline	13 78 48
Travel Health	1300 369 359
Local GP	
Local Pharmacy	
Medical Centre	
Dentist	