

Travel Guard®

# Travel Emergency Pocket Guide

Notes

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## Contacts

Local Emergency Services	Police:	
	Medical:	
	Fire:	
Embassy or Consulate	Address:	
	Phone:	
	Email:	
Accommodation	Address:	
	Phone:	
Travel Insurance	Provider:	
	Policy #:	
	Phone:	
	Email:	
Emergency Contacts	Name:	
	Phone:	
	Email:	
	Name:	
	Phone:	
	Email:	

## Translations

I need a doctor/hospital/an ambulance/the police.	
I am hurt/having difficulty breathing.	
There is a fire at _____.	
Can you help me?	It is an emergency.
Do you speak _____?	
May I please use your phone?	
Can you tell me where _____ is?	
I am allergic to _____.	
I am at/near [address/street/business].	

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