



USEFUL APPS FOR PHONE



emergencyplus

In an emergency, time and location accuracy are critical. By downloading the 'Emergency +' app, you'll equip yourself with a powerful tool that will **help you call Triple Zero (000)** quickly and allow you to **accurately communicate your location to emergency call-takers.**



The **HeadCheck App** is a concussion app to assist parents, first aiders, trainers and coaches to recognise and manage recovery of concussion in kids.



First Aid for pets

The **app** features **first aid** tips for over 130 conditions that affect **cats** and **dogs**.



iFirstAid gives you first aid information and videos at your fingertips according to Australian standards.

There's also a stack of other features such as Injury Register, Find My Family and Emergency Travel Numbers.
Downloads an offline version upon installation



The **Australian Bites & Stings App** is **free** and provides information on **Australia's** unique venomous creatures and the correct first aid to apply to a venomous **bite** or **sting**.



GoodSAM

GoodSAM is a free global smartphone app that alerts responders to someone nearby in cardiac arrest. GoodSAM is linked to the Triple Zero (000) communications centre, so as soon as an ambulance is dispatched, a GoodSAM alert will notify you. **Defibs are also able to be located via the app**



Heart of the Nation helps a responder find an AED, respond to a cardiac arrest incident and raise an alert of an incident.



<https://registermyaed.ambulance.vic.gov.au/find-an-aed>

Locate an AED and register an AED. **Save the page address onto phone Home screen**



Easily find a **what3words** address for anywhere in the world. The app has divided the world into 3m squares and given each square a unique combination of three words.

what3words addresses are easy to say and share, as accurate as GPS coordinates and incorporated into the **Emergency Plus app**



Learn4Life
FIRST AID TRAINING

www.learn4lifefirstaidtraining.com.au

ADVICE AND HELP FROM THE RIGHT SERVICES

NURSE-ON-CALL
1300 60 60 24

24 HOUR HEALTH ADVICE FOR ALL VICTORIANS

NURSE-ON-CALL is a telephone service that provides immediate, expert health advice from a registered nurse, 24 hours a day, 7 days a week. The service, staffed by registered nurses, is accessible from any landline and mobile telephones in Victoria

 **Poison Information Hotline**
Direct Call **13 11 26**

Call **131 126** if someone has been **poisoned** or has overdosed, made a mistake with medicines or been bitten or stung (24 hours a day, seven days a week).



<https://www.vved.org.au/patients/>

Virtual Emergency Care is delivered by the Victorian Virtual Emergency Department. It is available for both adults and children. You will be connected with an emergency doctor or nurse via video call from your computer or mobile phone. If you are eligible, you will be connected virtually to emergency doctors and nurses who will provide medical advice, from the comfort of your own home or workplace.

**Priority Primary
Care Centre**
Free urgent medical care



<https://www.betterhealth.vic.gov.au/urgent-care-clinics>

add link to phone home screen

Urgent Care Clinics help Victorians to get urgent care faster and keep our busy emergency departments free for those who need emergency care for non life-threatening conditions.