

SABAH EMERGENCY CONTACT CARD

Keep this card in your wallet or emergency "Go-Bag".

1. Primary Emergency Services (All Areas)

- **National Emergency: 999** (Police, Ambulance, Fire, Civil Defence)
 - **Mobile Emergency: 112** (Works on locked/inactive SIM mobile phones)
 - **Civil Defence (APM) Sabah: 088-232 440 / 088-232 453**
 - **Sabah State Disaster Command Centre (SDCC):** (Check local news for active disaster-specific hotlines)
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2. District-Specific Police & Hospitals

District	Police (IPD)	Hospital
Kota Kinabalu	088-529 222	088-517 555 (QEH 1)
Ranau	088-876 591	088-875 333
Kota Belud	088-973 308	088-976 333
Sandakan	089-212 222	089-248 600
Tawau	089-772 121	089-773 533
Lahad Datu	089-881 255	089-895 111
Kudat	088-623 253	088-613 333

3. Essential Utilities & Services

- **Electricity (SESB) Hotline: 15454** (Power outages/downed lines)
 - **Water Department (Jabatan Air): 088-326 888** (Burst pipes/supply issues)
 - **Sabah Tourism Alert: +60 19-939 2121** (For tourists/visitors)
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4. Family Personal Details (Fill this in!)

- **ICE (In Case of Emergency) Contact Name:** _____
- **ICE Contact Phone:** _____
- **Family Meeting Point:** _____
- **Blood Type:** _____ **Medical Allergies:** _____

Quick Earthquake Tips for Sabah:

1. **Drop, Cover, and Hold On:** Stay under sturdy furniture until shaking stops.
2. **Stay Away from Windows:** Glass is the first thing to shatter.
3. **Check for Aftershocks:** Be ready for secondary tremors, which are common in Sabah's tectonic landscape.
4. **Listen to Local Radio:** Tune in to **Sabah VFM** or **Kupi-Kupi FM** for official government announcements.