UNIH Emergency Numbers:
Police: +1-603-862-1212
SHARPP 24-Hour Help Line: +1-603-862-7233

Be prepared:
1. Research destinations & sign-up for email alerts with International SOS
2. Carry emergency numbers (local, ISOS, UNH) at all times
3. Keep phone charged; with minutes; out-of-sight to avoid theft
4. Carry emergency cash

In a crisis:
1. Establish your physical safety
2. Call the person/service nearest who can reach you the quickest
3. Call International SOS