

# Be prepared for an emergency



Emergencies and natural disasters can happen quickly, sometimes without warning. That's why it's important to have survival kits and plans set up in your home ready for action. We've put together this guide to help you get ready and stay safe. Take some time to put together your emergency kit now, and keep this list handy (such as on your fridge) so you know what to do if disaster strikes.

## Flood

### If you need to evacuate:

- Notify a neighbour or a friend of your new address
- Turn off power, water and gas
- Pack warm clothing, essential medication, valuables and sentimental items in waterproof bags, to be taken with your emergency kit and remember to take your mobile phone
- Move furniture, clothing and valuables onto beds, tables (electrical items highest)
- Lock your home and take recommended evacuation routes for your area
- Don't drive through flooded ground

### If you stay during the flood:

- Stay tuned to local radio for updated advice
- Don't allow children to play in, or near, flood waters
- Avoid entering floodwaters
- Stay away from drains, culverts and water over knee-deep
- Don't use gas or electrical appliances which have been in flood water until checked for safety
- Don't eat food which has been in flood waters and boil all water until supplies have been declared safe

## Cyclone

- Check that the walls, roof and eaves of your home are secure
  - Trim treetops and branches well clear of your home
  - Fit shutters to all glass areas
  - Clear your property of loose material that could blow about and cause injury or damage during extreme winds
  - Keep a list of emergency numbers on display
  - When a cyclone watch is issued, fill your car's fuel tank
  - Ensure that your family members know which is the strongest part of your house
  - Listen continuously to your local radio/TV for further warnings
  - When the cyclone strikes, disconnect all electrical appliances
  - Listen to your battery radio for updates
  - Stay indoors (unless you are asked to evacuate) in the strongest part of the building, i.e. internal hallway or bathroom
  - Keep your emergency kit with you
  - Protect yourself with mattresses, rugs or blankets under a strong table if the building starts to break up
  - Drive carefully as roads may be filled with debris

## Earthquake

- Secure any top-heavy, tall or freestanding furniture such as bookcases and shelves so that they don't fall over
- During the earthquake, keep away from any windows, glass and outside walls
- Drop and cover yourself the best you can - ideally under a strong table or any sturdy piece of furniture
- Listen to your local radio/TV for further updates
- Be prepared for aftershocks
- If you leave the house, drive carefully as roads may be filled with debris

## Tsunami

- Know where the nearest high ground is and how you'll reach it. Plan to get as high up or as far inland as you can, as fast as you can
- If there is a tsunami warning, don't go down to the beach to get a better view, even if the wave is unlikely to reach where you are
- If you can't escape the tsunami, go to an upper story of a sturdy building, climb onto a roof or up a tree, or grab a floating object

## Emergency items

### Food and water – for three days or more:

- Bottled drinking water (at least 3 litres per person per day)
- Water for washing and cooking
- Non-perishable food (canned or dried) and a can opener
- A primus or gas barbecue to cook on

Check and replace your emergency food and water every 12 months.

### Other emergency items:

- Waterproof torches and spare batteries
- AM / FM radio and spare batteries
- First aid kit and essential medicines
- Matches or a lighter
- Blankets or sleeping bags
- Wind and rain proof clothing
- Tarpaulin or plastic sheeting
- Local maps
- Cell phone with portable charger
- Masks, hand sanitiser
- Toilet paper, personal hygiene products

Check all batteries every three months.

### Supplies for babies and small children:

- Food, formula and drink
- Change of clothing and nappies
- Favourite toy or activity

### Other supplies if applicable:

- Hearing and sight aids, batteries
- Asthma and respiratory aids
- Special food needs

