

Just in time

Imminent Disaster Emergency Ready Resource

This resource has been created for those who need to prepare for an imminent disaster threatening their household and community.



Immediate steps

Get in the Know

Monitor emergency alerts, local radio, or official websites for updates. Rely on state government and local government information and your local ABC radio.

- Bureau of Meteorology (BOM) cyclone information www.bom.gov.au/cyclone/index.shtml
- Bureau of Meteorology www.bom.gov.au
- ABC Emergency www.abc.net.au/emergency

Get Connected

Check in with family, friends, and neighbours. Make sure everyone has a plan to stay connected if communication is disrupted.

Get Organised

- Shop for essentials, e.g. toilet paper, batteries, non-perishable foods.
- Expect a possible extended power outage. Charge all battery packs and devices and have backup power sources ready. Have a battery powered radio.
- Shut off gas, electricity, or water if advised.

Plan for Evacuation

- Identify your evacuation route and nearest safe location.
- Have a plan for pets and vulnerable household members.
- Notify someone outside the area of your plans.

Get Packing

Pack an emergency kit with food, water, medication, first aid, flashlight, batteries, important documents and sentimental items. For a detailed list of what to prioritise see below. Avoid unnecessary risks and stay aware of changing conditions.



Prepare your mind

When we are calm, we can think more clearly, when we think more clearly, we can make better decisions. Take five deep breaths and prepare your mind for the upcoming emergency event.

Here's how: Five Finger Breathing

Start with your hands in front of you, fingers spread apart. Use one hand as a base and the other to trace your fingers. Starting at the bottom of your thumb, slowly trace upwards while inhaling. At the top of your thumb, trace down as you exhale. Continue tracing each finger, breathing deeply and slowly. Once you've traced all fingers, reverse direction and trace back to your thumb.





Important numbers

Emergencies

Police Fire Ambulance 000
 SES 132 500
 Poisons Info Line 13 11 26
 Lifeline 13 11 14
 Beyond Blue 1300 22 46 36

Create a list of important contacts

Doctor
 Dentist
 Vet
 Solicitor
 Council
 Gas
 Telco
 Power

Water
 Home Care Agency
 Local Radio Frequencies
 Out-of-Town Contact
 Power of Attorney
 Insurer
 Bank
 Roadside Assistance
 Other important numbers

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Get packing list

Get your essential items together

- Take medication and prescriptions (14 day supply if possible).
- Torch and batteries
- Water
- Radio (battery powered) – mark dial of local ABC Local Radio station
- Cash
- Food – including non-perishable
- Chargers – include charged battery pack for phone
- Toiletries

- First Aid Kit
- Pet Essentials
- Scans or photocopies of important documents – Passport, wills, driver’s licences, marriage & birth certificates, land titles, mortgage papers, insurance papers, prescriptions, medical histories, child immunisation books
- Take personal items that hold special meaning to you and your loved ones.

- Photographs of valuable household items
- Copies of photos
- Make sure valuable items are stored well above ground level in waterproof containers
- Entertainment items for children
- Change of clothes (warm, waterproof and comfortable shoes)

Find more useful information on redcross.org.au/prepare