

YOUR EMERGENCY GRAB AND GO BOOKLET



YOUR DETAILS

Name

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

EMERGENCY AND ACT INFORMATION

■	Police, Fire Brigade or Ambulance	000
■	Police Assistance Line	131 444
■	SES (for assistance in storms or flood)	132 500
■	Crimestoppers	1800 333 000
■	Translating and Interpreting Service	131 450
■	Canberra Connect	132 281
■	healthdirect Australia	1800 022 222

YOUR EMERGENCY KIT CONTENTS

To ensure you are prepared in case of an emergency, it is important to put together a kit of essential items.

WHAT TO INCLUDE IN YOUR KIT

You should consider including:

- battery operated radio
- torch
- spare batteries for torch and radio
- small quantity of money
- change of clothing
- woollen blanket
- First Aid kit
- candles and waterproof matches
- long-life snacks and water
- spare house and / or car keys
- list of important contacts

WHERE WILL YOU KEEP THE KIT?

Write down where in your house you will keep your kit

WHAT WILL YOU NEED TO ADD TO YOUR KIT IF YOU HAVE TO EVACUATE?

If you need to leave your house because of an emergency you may need to add to your kit:

- medication
- prescriptions
- your medication record
- important papers or documents such as,
- insurance policy
- passport
- drivers licence

- photos or disk with photos
- street directory/map
- mobile phone
- mobile phone charger
- reading glasses

YOUR EMERGENCY EVACUATION PLAN

Prepare a plan of action for leaving your house during an emergency. Think about the following:

- Is your emergency kit ready to go at any time?
- What other essentials do you need to take with you when you leave?
- If you have pets, what arrangements will be made for them?
- Are your Medication and Contact cards up-to-date?
- Have you told your neighbours what you are doing?

BEFORE YOU LEAVE (IF YOU HAVE TIME)

Turn off gas, electricity and water supply, or let someone know

Gas meter (location)	
Electricity mains (location)	
Water meter (location)	

WHERE WILL YOU GO?

Option 1	
Option 2	
How will you get there?	
Who can help you?	
Telephone	

WHO ELSE DO YOU NEED TO TELL IF YOU ARE LEAVING YOUR HOUSE?

Name	
Telephone	

ARE THERE ANY ESSENTIAL/REGULAR COMMITMENTS THAT SOMEONE NEEDS TO DO FOR YOU?

EMERGENCY CONTACTS — YOUR FAMILY AND FRIENDS

Name

Relationship

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

Name

Relationship

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

Name

Relationship

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

Name

Relationship

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

EMERGENCY CONTACTS — YOUR NEIGHBOURS

Name

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

Name

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

Name

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

Name

Address

Postcode

Telephone – Home

Telephone – Mobile

Telephone –Work

Email

OTHER CONTACTS

UTILITY PROVIDERS

Electricity		Telephone
Natural Gas		Telephone
Water/sewage	ActewAGL water and wastewater emergency	131 193
Stormwater	ACT Department of Territory and Municipal Services	132 281

TRADESPEOPLE

Plumber

Telephone

Mobile

Electrician	
Telephone	
Mobile	

INSURANCE

Home & contents

Telephone

Fax

Medical	
Telephone	
Mobile	
Motor vehicle	
Telephone	
Mobile	

OTHER

Telephone

Telephone

Telephone

YOUR MEDICAL INFORMATION

PERSON 1

Name			
Date of birth		Blood type	
Medical allergies			

Doctor		Telephone	
Dentist		Telephone	
Pharmacy		Telephone	

Glasses/contact lenses?		Dentures?		Diabetic?		Epileptic?	
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Medical condition			
Medication		Dosage	

Medical condition			
Medication		Dosage	

Medical condition			
Medication		Dosage	

Medical condition			
Medication		Dosage	

YOUR MEDICAL INFORMATION

PERSON 2

Name			
Date of birth		Blood type	
Medical allergies			

Doctor		Telephone	
Dentist		Telephone	
Pharmacy		Telephone	

Glasses/contact lenses?		Dentures?		Diabetic?		Epileptic?	
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Medical condition			
Medication		Dosage	

Medical condition			
Medication		Dosage	

Medical condition			
Medication		Dosage	

Medical condition			
Medication		Dosage	