YOUR HOUSEHOLD PLAN

Address

Name and Phone Numbers

BACKUP CONTACT PLAN

If we can’t get home or contact each other we will meet at (eg friend or relative’s place, library, shopping centre)

If we can’t get home or contact each other we will leave a message with:
Name and Phone Numbers

ACT EMERGENCY INFORMATION

Up-to-date information on an emergency: esa.act.gov.au or ESA on Facebook or Twitter.

Listen to 666 ABC Canberra

Police, Fire Brigade or Ambulance 000

Secondary emergency service number (from mobile) 112

SES (for assistance in storms or flood) 132 500

TTY (people who are hearing or speech impaired) 106

Translating and Interpreting Service 131 450

Access Canberra 132 281
SURVIVING AN EMERGENCY

Disasters have the potential to cause disruption, damage property and take lives. Your survival depends on your preparations, and the decisions you make. Prepare for a possible evacuation by completing this **Grab and Go booklet** and packing a **getaway kit** (see back page).

Many disasters will affect essential services and possibly interrupt the ability to travel or communicate with others. You need to be prepared to cope on your own for up to two days or more following a major disaster. This is when you will be most vulnerable. Agree on a personal support network to check in on family members in an emergency.

You can check to see if you live or work in a bushfire prone area at the Emergency Services Agency website: [esa.act.gov.au](http://esa.act.gov.au). If you do, you should complete a Bushfire Survival Plan through the MyFirePlan app. This will help you make important decisions before you are threatened by a bushfire.

**Remember: don’t “wait and see”**

Leaving late is the most dangerous option. On days of Catastrophic fire danger rating leaving is the ONLY option to ensure you and your family’s survival. On days of Severe or Extreme fire danger rating leaving is the safest option for you and your family.

EVACUATION CENTRES

If you expect you may need to evacuate, check the ESA website for up-to-date information, and keep the radio on 666 ABC Canberra for public warnings. Prepare and check your Getaway Kit (see back page). Have a car ready with at least half a tank of fuel. If conditions are bad, do not wait for an evacuation warning.

Numerous locations have been identified by the ACT Government as potential places to use for an Evacuation Centre in a major emergency. The site or sites to be used as Evacuation Centres will only be selected at the time of the emergency based on factors related to the actual situation.

If Evacuation Centres are established, this advice will be provided through:

- **ESA website** [esa.act.gov.au](http://esa.act.gov.au), or the ESA Twitter and Facebook accounts
- **ACT local media outlets**
- **Access Canberra on 13 22 81**

Pets are welcome at Evacuation Centres. For safety, bring your pet in a carrier if possible.
PEOPLE WHO MAY NEED MORE HELP

Some people in the community may need more help than others in an emergency:

- Older or frail people
- People with disability
- Those who are injured or ill
- People with mental health conditions
- Young people
- Parents with babies

While it is important to note that older people or people with disability are neither helpless nor dependent, this group is more vulnerable in an emergency. Consider whether you require special arrangements for transport or leaving home.

People who have difficulties leaving their house may need special consideration during an emergency. This could include people with mental health conditions such as agoraphobia, personality disorder, social anxiety, or obsessive compulsive disorder.

If a person with higher-support needs has to evacuate, plan to have all the things needed for a week or two. This includes any medications, any specialised equipment and supplies such as chargers and extra batteries. It may be worth including instructions or information about the person’s needs.
CHILDREN

While children may find emergencies scary or worrying, actively participating in the planning process can help reduce their fears and concerns. Children are usually highly motivated to participate in planning for an emergency, and can often identify issues or problems that parents overlook.

Decide who will collect your child from school or childcare if you are not able to. Ensure all parties are informed, including the school, and provide your child and the school with the contact details of that person.

Discuss the roles of the emergency services and support agencies so that your children can identify them and won’t be scared if they arrive on your doorstep.

If you need to evacuate ensure you bring appropriate supplies.

For babies, pack:
- bottles
- formula
- nappies
- baby food
- wipes
- change mat
- portable cot
- water purification tablets

For children pack:
- change of clothes
- toiletries
- medication

• paper towels
• change of clothes
• hand sanitiser
• rubbish bags
• medication
• creams
• bottled water.

• books
• toys.
Important documents to copy or take with you:

- Drivers licences, concession cards, passports
- Wills, marriage and birth certificates
- Financial information (bank accounts, mortgage information, insurance policies)
- Prescriptions and medical records
- Child immunisation books.
### MEDICAL INFORMATION

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<thead>
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<th>Name of household member</th>
<th>DOB</th>
<th>Blood type</th>
<th>Allergies / sensitivities (food / medication)</th>
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### SERVICES

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**Insurance**
- Home contents
- Vehicles
- Health
- Business
- Income Protection
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## GETAWAY KIT

### Preparing a Getaway Kit
- Portable radio with spare batteries
- Torch with spare batteries
- First aid kit
- Candles, with lighter or waterproof matches
- Dust masks (especially for people with asthma or respiratory problems)
- Woollen blankets
- Wide-brimmed hats
- Work/gardening gloves
- Street directory (in case you can’t access web-based maps)
- Changes of clothing
- Hand sanitiser, toilet paper
- Towels
- Swiss army knife/ can opener

Depending on your needs, you may have to pack extra items.

Pre-pack and store in backpacks, roller bag or esky. Choose something easy to carry, durable and waterproof.

Place it in easily accessible place, close to an escape route, in your house, shed or carport.

Make sure everyone in the house knows where it is. Check it every year.

### At time of evacuation
If you are required to leave your property, add these items to your pre-packed kit and put in your vehicle:
- Your wallet with small quantity of cash, ID and concession cards
- Medications and repeat prescriptions
- Mobile phone and charger
- House and car keys
- Glasses, hearing aids, mobility aids
- Food and drinks (including special dietary items)
- Changes of clothing
- Toiletries
- Small items of personal value (eg: photo album)
- Laptop / iPad
- Pillow and sleeping bag

Dress appropriately for the conditions, with sturdy shoes.

Turn off gas, power and water.

Close doors, windows and vents.

Tell family, friends and neighbours that you are evacuating.