

Get ready for disasters in five simple steps



You think it will never happen to you, until it does. Are you ready for a disaster?

Every year flood, fire and other disasters affect peoples' lives and can cause millions of dollars in property damage.

Being prepared can save lives and help you and your family make better decisions when there's disaster. It all starts with a conversation and following these 5 simple steps.

1. Know your risk

Think about the area you live in and the types of disasters that could affect you. Connect with NSW emergency services to find out more about your risk. Use the contact list below.

2. Plan now for what you will do

Sit down and talk with your family and plan for what you will do if a disaster affects your area.

Make important decisions such as when to leave, what to take, and what to do with animals. How will you and your family get to a safe place? You could be separated from each other. How will you contact each other?

Don't leave it until the last minute. Disasters can happen with little or no warning.

Think about how you will protect your pets, important documents and valuable personal items.

The emergency service agencies have designed many plans to help you get ready for hazards such as fire and flood. **See the list below.** Prepare an emergency kit. See below.

3. Get your home ready

Prepare your home by doing general home maintenance and checking your insurance.

Trim overhanging trees and branches and remove dead and dry vegetation from around the house. Clean out gutters and downpipes. Secure or put away loose items in your yard or balcony. Check the roof is in good repair.

Do a [home safety check](#) and make sure your smoke alarms are working. Make sure that your home and contents insurance is up-to-date.

4. Be aware

Find out how to prepare and what to do if there is a disaster in your area. Check with NSW emergency services to stay informed. Check the NSW State Emergency Service, NSW Rural Fire Service and Fire and Rescue NSW websites, apps and social media. Use the contact list below.

5. Look out for each other

Share information with your family, friends, neighbours and those who may need assistance.

Talk about your plans with family, friends and neighbours before an emergency happens. Everyone can help each other in many ways in a disaster.

Keep the ***five simple steps poster*** on your fridge and start getting ready today.

Get Ready for Disasters

Five simple steps to prepare for disasters



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Contact NSW Emergency Services

For all life-threatening emergencies call 000

TTY

Call 106

National Relay Service

Fire & Rescue NSW

For house fires, vehicle fires and chemical hazards:

- [Website](#)
- [Facebook](#)
- [RSS](#)
- [Twitter](#)
- For general enquiries call 02 9265 2999

NSW Rural Fire Service

For bush fires:

- [Website](#)
- [Facebook](#)
- [RSS](#)
- [Twitter](#)
- Fires Near Me NSW: [Android](#), [iPhone](#)
- Bush Fire Information call 1800 679 737
- For general enquiries call 02 8741 5555

NSW State Emergency Service

For floods, storms and tsunamis:

- [Website](#)
- [Facebook](#)
- [RSS](#)
- [Twitter](#)
- [Instagram](#)
- [Flickr](#)
- [YouTube](#)

- For emergency help in a flood, storm or tsunami call 132 500

NSW Police Force

- [Website](#)
- [Facebook](#)
- [Twitter](#)
- For non-urgent assistance call 131 444

Counter Terrorism

- [National Security Hotline](#)
- [Secure NSW](#)

Translating and Interpreting Service

- www.tisnational.gov.au
- [Multicultural NSW](#)
- 1300 651 500

Apps

- Emergency+: [Android](#), [iPhone](#)
- Live Traffic: [Android](#), [iPhone](#)

Personal emergency plans



Here are practical tools and plans to help you prepare for all emergencies:

Bush fire

- [Bush Fire Survival Plan](#)
- [Bush Fire Household Assessment Tool](#)
- [Bush fire: Prepare Your Property](#)

Home fire

- [Home Fire Escape Plan](#)
- [Home Fire Safety Checklist](#)
- [Home Fire Safety Videos](#)

Storms, floods and tsunami

- [Storms, Floods: Home Emergency Plan](#)
- [Tsunami](#)

Multiple hazards

- [Emergency Plan](#) – information and template to develop a multi-hazards emergency plan

Emergency kits



Keep an emergency kit in an easy-to-reach place known to all household members.

There are some basic items you should always include but there could be specific items unique to your family's needs that can be added to your kit.

Basic home emergency kit

- Battery operated radio with spare batteries
- Torch with spare batteries
- First aid kit and manual
- Mobile phone, spare batteries and charger
- Personal hygiene and toiletry supplies
- Copies of home and medical insurance policies
- Copies of important family documents such as birth certificates, passports and licences
- Contact numbers for emergency services, family members and people from your support team.

Evacuation emergency kit

If it seems likely that you may have to evacuate you should add the following to your basic home emergency kit:

- Bottled water
- Supplies of prescribed medications including prescriptions
- Spare clothes and blankets
- Spare home and car keys
- Cash and credit cards
- Food and medications for your pets

People with disabilities



What can you do to reduce the effects of an emergency and develop a personal emergency plan?

Start by considering the following actions:

- Create a support network of people who will help you prepare for and cope with an emergency
- Consider how you may be affected in an emergency
- Complete a personal assessment of your needs
- Create an emergency information and contact list
- Create a medical information list (see below)
- Create and regularly review your evacuation plan, and
- Create a list of your disability supplies and special equipment

Support

Write down and share each aspect of your personal emergency plan with everyone in your support network. If you think that you might need assistance during an emergency talk to people you trust.

The people on your list should know what your capabilities and needs are and be able to offer help at short notice.

It's best to include a minimum of three people, including someone who can check on you immediately if an emergency occurs.

How will you be affected?

In the event of an emergency you may not be able to:

- Do anything that requires electricity e.g. cook, cool/heat your home, turn the lights on, use your television or radio
- Make or receive calls or texts

- Use teletype equipment
- Use medical devices such as oxygen or home dialysis equipment

Assessment

It's important to think about what you'll be able to do for yourself and what you'll need help with. Start by making a list of needs and the resources available, use the questions below as a guide.

Basics

What sort of personal care assistance will you need in the event of an emergency e.g. help with bathing and dressing.

- Do you need special utensils to prepare or eat food independently?
- Do you need access to electricity for equipment such as dialysis machines or lifts?

Mobility

- If you use a specially equipped transportation vehicle, will you need help to use it?
- What will you do if your access ramp is unusable?

Help

- What will you do if the person you depend upon is not available?
- In the event of an evacuation, will you need help to leave your home?
- If the lift in your building is not working or cannot be used, is there another exit you can use?
- Will you need help to use this alternative exit?
- How will you let someone know that you need help to leave the building?
- What will you do if you do not have access to mobility aids e.g. wheelchair or guide dog?
- How will you care for your guide dog or pet during and after an emergency?

List

An emergency information list will let others know who to call if you are unable to communicate during an emergency. Keep copies of the list near your telephone and on your fridge.

Write down how it would be best to communicate with you in an emergency. You should also list the name, phone number/s and address for each person, including your own details. People on your list should include:

- Your doctor
- Your care worker, and
- A close relative or friend.

Medical information

Prepare a medical information list. It should include:

- Medical conditions you have
- Emergency contact details for your medical providers
- The names of medications you take, their dosages and other instructions
- When you take the medication
- The name and phone number of the doctor who prescribed it
- The type of health insurance you have and the provider
- Any adaptive equipment you use
- Any allergies you have
- Your blood type
- Any physical limitations you have, and
- Any communication/cognitive difficulties you have.

Evacuation Plan

- Talk to your care worker, family and friends to develop a simple evacuation plan. Your plan should include information on how you will contact each other in case of an emergency. Don't rely solely on a home telephone as this service may not be available.
- Show the people who will help you how to operate and safely move any equipment that you use for your disability and practice with it.
- If you have a guide dog, make sure it knows the people who will help you, as this will make it easier for the dog to accept instructions from them in an emergency.
- Draw a floor plan of your home, marking up the primary escape route, secondary escape routes, the location of equipment and medications you need and a central meeting place outside your home e.g. letterbox.
- Prepare a care plan for your guide dog or pets. Remember to take a collar, harness, identification tags, food and medical records.
- Give a copy of your evacuation plan to the relevant people and keep a copy on your fridge.
- Practice your evacuation plan with the relevant people.

Related supplies and special equipment

- Write a list of your disability related supplies and special equipment you'll need in the event of an emergency
- Include a description of what they look like and where they can be found.

Animals



In some types of emergency, you may need to make arrangements to ensure the welfare of your pets or livestock. Your animals are your responsibility. Ensure their welfare by including them in your plans.

Visit [Get Ready Animals](#) to find out more.

Contact

Get Ready Coordinator: GetReadyNSW@resilience.nsw.gov.au