

PLAN & PREPARE

Preparing for a disaster helps you recover

While we can't avoid disasters, there are things you can do now to help you and your loved ones be prepared, cope better and recover more quickly if an emergency happens. Help is available, but be prepared to help yourself, family and friends. Learn about disasters and how they can affect you.

WHAT'S YOUR
[WHAT-IF PLAN?]

Step 1 You can prepare mentally

Research tells us that the better prepared people are for disasters the easier it is to recover. Emergencies can happen at any time and can disrupt your life in ways you don't expect.

Some things to consider when getting prepared for a disaster include:

- The types of disasters that may happen in your area.
- How to protect yourself, your family, your house, your pets and irreplaceable possessions.
- Agreeing on a meeting place if you become separated from one another – both before and after a disaster. Phone service may not be available after a disaster.
- Finding the safest room in your house in case your windows or doors blow in.
- How a disaster might affect your family financially.
- How you and your family might feel after a disaster.
- What you can do to stay healthy both physically and mentally.
- How you can stay in touch with your friends and the community



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MORE INFORMATION

During a disaster the Burdekin Local Disaster Management Group is your number one source of information.

- www.burdekin.qld.gov.au
- <https://www.facebook.com/BurdekinDCC>
- T: 07 4783 9800
- SES: 132 500
- 000

Step 2 Prepare physically

You can reduce the stress of emergencies, big and small, by being prepared and knowing the risks. Most people under stress don't think as clearly, which affects their decisions and reactions. Here's what you can do:

1 - Make a Household Emergency Plan

Together with your family, talk about how you are likely to feel, think and respond in an emergency. Prepare with your family by talking about and writing down:

- What might happen during a cyclone, flood storm or bushfire?
- What will you do if you are separated or in different locations and an emergency happens?
- Where would you evacuate to? (See evacuation areas in the Burdekin Emergency Action Guide)
- Where are your emergency meeting places?

You can use one of these templates:

<http://www.redcross.org.au/emergency-resources.aspx> or <https://getready.qld.gov.au/plan/>

If your plan is to relocate to family and friends – make sure your family and friends know.

- **Register on-line with Register. Find. Reunite which is an Australian Government Initiative managed by the Australian Red Cross.** <https://register.redcross.org.au/>

If your plan is to stay in place then you will need to be prepared to 'camp indoors' for at least three days.

- **Secure and protect your house, restrain and shelter pets, prepare an Emergency Kit for your family.**

Not sure if you should evacuate? See page 17 of your Emergency Action Guide and the maps on pages 31-37. If you choose to ignore warnings and do not evacuate when asked, do not expect Emergency Services to respond during the event.

2 - Have an Emergency Kit

What should you put in your kit? See page 6 & 7 of your Emergency Action Guide

3 - Prepare your house, car, boat and pets

Before cyclone season even starts, you can clean up your house and yard.

See pages 5 and 10 of your Emergency Action Guide for a list of things you can do.

Step 3

List important numbers

Keep them with you or in your Emergency Kit. Important numbers need to include:

- Police, Fire and Ambulance 000
- Burdekin Shire Council 4783 9800
- SES 132500

See page 39 of your Emergency Action Guide for other useful phone numbers and websites.

Step 4 Listen

www.facebook.com/BurdekinDCC
ABC North Qld 630, SWEET FM 97.1, 4TOFM (92.3), HitFM (93.1) and ABC TV

Before, during and after an event, follow all instructions from your Local Disaster Management Group and Emergency Services through their Facebook page and your local radio and television channels.

There will be regular updates regarding instructions and services available in your area.

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