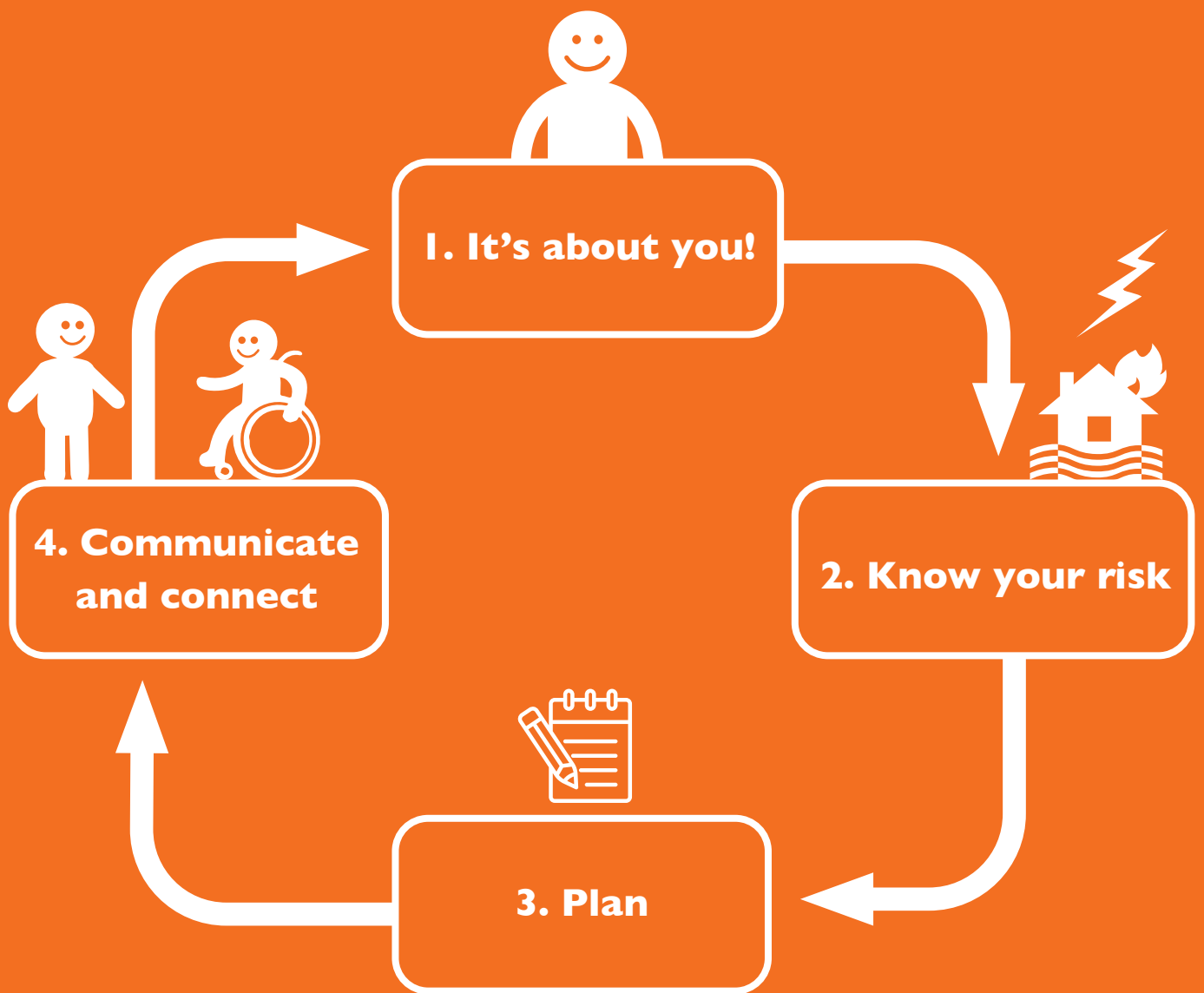


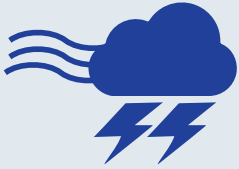
# Get ready for emergencies



# I. It's about you!

Getting ready for emergencies helps protect you, and what you value.

Examples of emergencies are when there are hazards such as:



Severe storms



Floods



Bushfires



Housefires

This guide has space for your notes, so this booklet becomes your emergency plan – a plan that fits your life.

*Tip: If you need extra space for notes, slip in an extra piece of paper or your detailed plans for bushfires, floods or other hazards.*

## What do you value and want to protect?

- Your health and safety
- The safety and wellbeing of others in your family or home
- Your pets or other animals
- Your connections to friends and community
- Your home
- Your money and things you own
- Anything else?



### Notes:



To help prepare for an emergency, think about your life now.

## Everyday life

What do you do on a typical day? .....

.....

.....

## Your home

- Is it isolated?
- Can you quickly get out of your home if you need to?
- Do you rely on tank water or an electric pump?
- Do you have working smoke alarms?



## Transport, how do you usually leave home?

- Drive     Use public transport     Get a lift     Walk
- Taxi, Uber or similar     Cycle or scooter



## Your health

What do you need for your health every day (such as medicine, equipment)?

.....

.....

Do you rely on others to manage your health? If so, who?.....

.....

## Do you need support?

Do you live with disability or find it hard to:

- do everyday activities or
- read or understand information?

You may need help or have extra things to think about to get ready for emergencies. These websites can help you.

[ses.tas.gov.au/pcep](https://ses.tas.gov.au/pcep)    [collaborating4inclusion.org/pcep/pcep-tools](https://collaborating4inclusion.org/pcep/pcep-tools)

# Your network - the people you know and trust

Who do you live with? .....

Do you have family or friends who live nearby? Where are they?

Who do you rely on for help? How do they help you? .....

Who relies on you? How do you help them?.....

How well do you know your neighbours and people in your community?  
Could you ask them for help if needed?

Who can you ask for help if you need to leave your home? .....

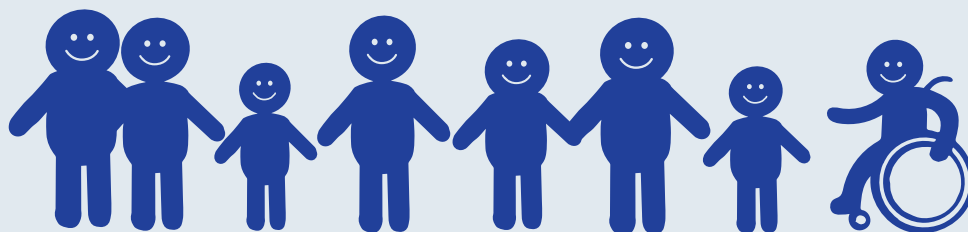
Where could you go if you need a place to stay? .....

## How do you communicate with others?

Where do you get information that you trust? .....

How do you contact others outside your home? 

- Mobile     Landline phone     Computer with internet



## 2. Know your risk

### How prepared are you for an emergency?

**1**

Haven't thought about it

**2**

Thought about it but not yet acted

**3**

Started to get organised

**4**

Have taken actions to get ready

**5**

Reviewed actions and told others

### Take a Quiz!

	Yes	No	A little
I know where to find emergency information and warnings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have reduced risks around my home as much as I can for example, I have: <ul style="list-style-type: none"> <li>• cleaned the gutters</li> <li>• made sure there are no overhanging trees</li> <li>• removed dry fuel such as leaves, twigs and bark.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand what hazards can affect me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand what the different emergency services do.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In an emergency affecting my home I know: <ul style="list-style-type: none"> <li>• when I should go</li> <li>• where I would go</li> <li>• how I would get there</li> <li>• what I need to take.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have talked about my plans for an emergency with: <ul style="list-style-type: none"> <li>• others in my home and family</li> <li>• other people I might need to contact during an emergency.</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Answered 'no' or 'a little' to any of these questions?*

*Read on and make your plan so you can be safer during an emergency.*

## What hazards do you need to think about?

To find out if a bushfire or some other hazards can impact your home, go to [TasALERT.com](https://tasalert.com) and visit the Risk Ready page under 'Get Ready'.



### Severe storm and floods

- Severe wind, rain, lightning, snow or hail can cause damage anywhere.
- Low lying places can flood.
- Heavy rain can cause storm water damage for a short time.
- Some places near the coast can flood or erode during severe storms at high tide.



To find out if your home is at risk of flooding, and for advice on how to be ready for storms and floods, go to [ses.tas.gov.au/plan-prepare/flood-plan](https://ses.tas.gov.au/plan-prepare/flood-plan)

- Is my home at risk of flooding from rivers?
- If so, do I have a plan for when my home might flood?
- Do I know when heavy rain is forecast?
- Do I think about flood risks when buying, maintaining or improving my home?



### Bushfire

Most of Tasmania is at risk of bushfire.

You should have a plan for what you would do in a bushfire.

See Tasmania Fire Service's advice: [bushfire.tas.gov.au](https://bushfire.tas.gov.au)

- Is my home at risk of bushfire?
- If so, do I have a bushfire plan?
- Do I reduce bushfire risks around my home?



## Smoke

Smoke can affect your health even if you are well away from a bushfire.



## Heatwave

Heatwave is the deadliest hazard in Australia – even Tasmania can get uncomfortably hot.

For more information on smoke and heatwaves see:

[health.tas.gov.au/health-topics/environmental-health](https://health.tas.gov.au/health-topics/environmental-health)



## House fire

House fires can happen anywhere. Smoke alarms save lives.

See Tasmania Fire Service's advice: [fire.tas.gov.au](https://fire.tas.gov.au)



## Other hazards

If you get ready for storms, floods, bushfires, housefires and heatwaves, you are more ready for other types of emergencies.

See [TasALERT.com](https://TasALERT.com) and visit the Get Ready page to find out about other hazards such as:

- infectious disease and other biosecurity threats
- earthquakes and tsunami
- cybersecurity threats.







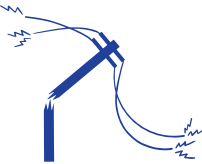


**TASALERT.COM**



**Notes: What hazards can affect me and my home?**

# Understand emergency services and what they do

Who	Manage	Need more information?
	<ul style="list-style-type: none"> <li>• Storms and floods</li> <li>• Road crash rescues outside cities</li> </ul>	<a href="http://Ses.tas.gov.au">Ses.tas.gov.au</a>
 Tasmania Fire Service	<ul style="list-style-type: none"> <li>• Fires such as bushfires and housefires</li> <li>• Chemical spills.</li> </ul>	<a href="http://Fire.tas.gov.au">Fire.tas.gov.au</a>
 Ambulance Tasmania	<ul style="list-style-type: none"> <li>• Health emergency response</li> </ul>	<a href="http://www.health.tas.gov.au/hospitals/ambulance">www.health.tas.gov.au/hospitals/ambulance</a>
 Department of Health	<ul style="list-style-type: none"> <li>• Heatwave</li> <li>• Smoke and other pollution</li> <li>• Pandemic or epidemic.</li> </ul>	<a href="http://www.health.tas.gov.au">www.health.tas.gov.au</a>
	<ul style="list-style-type: none"> <li>• Public safety and crime</li> <li>• Emergency evacuation</li> <li>• Traffic management.</li> </ul>	<a href="http://police.tas.gov.au">police.tas.gov.au</a>
 Local Government	<ul style="list-style-type: none"> <li>• Local hazard risks</li> <li>• local community disaster resilience</li> <li>• evacuation centres.</li> </ul>	Visit your local council in person or online
 Other Parts of the Tasmanian Government	<ul style="list-style-type: none"> <li>• Transport or energy cuts</li> <li>• Understanding earthquakes and other geological risks</li> <li>• Water or air pollution</li> <li>• Helping people after emergencies (relief and recovery)</li> <li>• Animal or plant diseases</li> <li>• Animal welfare.</li> </ul>	TasALERT.com or see the Tasmanian Emergency Management Arrangements (see <a href="http://ses.tas.gov.au">ses.tas.gov.au</a> ) 
Community organisations	<ul style="list-style-type: none"> <li>• Support community recovery and resilience in collaboration with others</li> </ul>	There are many community organisations helping Tasmanians. See <a href="http://www.findhelptas.org.au/">www.findhelptas.org.au/</a>
	<ul style="list-style-type: none"> <li>• TasNetworks for electricity</li> <li>• TasWater for water</li> <li>• Communications providers</li> </ul>	<a href="http://taswater.com.au/news/service-interruptions">taswater.com.au/news/service-interruptions</a> <a href="http://tasnetworks.com.au/outages">tasnetworks.com.au/outages</a> <a href="http://nbnco.com.au/support/network-status">nbnco.com.au/support/network-status</a>



# Getting ready for emergencies is everybody's business

## You must:

- Learn about your hazard risk like bushfire and floods.

## Know what to do:

- well before an emergency happens
- immediately before and during an emergency
- after an emergency.

## Your plan must include the people:

- you support
- who support you.

## Stay alert for any hazards such as:



Severe Storm



Flood



Bushfire



Other

Notes:

# Where to find warnings and information

TasALERT.com – for key information and warnings during emergencies



Download the TasALERT app to get warning notifications straight to your phone.

TasALERT.com/download



ABC Local Radio – to find your local frequency visit [reception.abc.net.au](http://reception.abc.net.au)

Your local frequency is



National Relay Service [www.relayservice.com.au](http://www.relayservice.com.au) phone **133 677**

Bureau of Meteorology warnings [www.bom.gov.au](http://www.bom.gov.au) phone **1300 659 217**

## Get to know the Australian Warning System

The Australian Warning System is the same across all states and different hazards. There are 3 warning levels:



### Advice (Yellow)

An incident has started. There is no immediate danger. Stay up to date in case the situation changes.



### Watch and Act (Orange)

There is a heightened level of threat. Conditions are changing and you need to start taking action now to protect you and your family.



### Emergency Warning (Red)

An Emergency Warning is the highest level of warning. You may be in danger and need to take action immediately. Any delay now puts your life at risk.



### Smoke Notification (Grey with Flames)

You may be impacted by smoke from a bushfire, even though the bushfire is not directly affecting you.



### Incident (White)

An incident has started but there is not yet an emergency warning. TasALERT.com publishes basic information as soon as an incident is reported.

### Hazard icons



Flood



Bushfire



Severe Storm



Other

# 3. My emergency plan



My name .....

Address.....

The date I finished my emergency plan .....

*Hint: Review your emergency plan every 2 years to make sure it still fits your life.*

Who does this plan cover?

Name	Mobile phone	Notes (such as Medicare number, Centrelink number, Passport number, Taxfile number)

Are there other people in my home not covered by this plan? If so, who?

.....

.....

.....

## In life-threatening emergencies 000

Hearing or speech impaired SMS relay number **0423 677 767**

Voice Relay **1300 555 727**

Type and listen **133 677**

National Interpreter Services **1800 131 450**

## In non-life threatening emergencies

SES in storms and floods **132 500**

Police non-emergency **131 444**

Lifeline 24-hour crisis counselling **13 11 14** SMS **0477 13 11 14**

## People I can contact during an emergency

Name	Phone number	Address / Notes

*Tip: Try to include at least one out-of-town person and one person living near you.*

Other important contacts	Name	Phone number
Workplace / volunteer contact		
Childcare / school		
Doctor, other health providers		
Solicitor		
Insurers <ul style="list-style-type: none"> <li>• Health</li> <li>• House / home contents</li> <li>• Cars</li> </ul>		
Others (for example, Advocate, Power of Attorney, Guardian)		

## What will I need if I stay at home during an emergency?





- Battery powered radio and torch, spare batteries
- First aid kit
- Important information such as your emergency plan and important contact details
- Water and food for up to 3 days
- Blankets or other way to keep warm if the power goes off
- Anything else that I might need every day.

**Notes:**



**Note:** During a major bushfire or flood, others may not be able to help you. You should leave early if your home might become unsafe during an emergency.

# What happens if there is no power, water, phone connection or internet or road access is cut?

What would I do if I lost...	Hints	My plan
<b>Road access</b> 	Think about other routes to your home.  Do you have enough supplies of food, water and medicine to last for a few days?	
<b>Electricity</b> 	Do you have? <ul style="list-style-type: none"> <li>• a battery powered torch</li> <li>• blankets</li> <li>• essential equipment that needs electricity – if so, what is your backup plan?</li> </ul>	
<b>Water</b> 	Can you fill up containers of drinking water to keep you going?	
<b>Phone and internet</b> 	Do you have? <ul style="list-style-type: none"> <li>• a car or battery powered radio</li> <li>• some emergency cash</li> <li>• any equipment you need every day that relies on the internet – if so, what is your backup plan?</li> </ul>	

Notes: Access routes from my home.

## If I have to leave my home

If it is not safe at home during an emergency, you need to plan how you can leave safely. People with disability, mobility issues or health concerns should plan to leave early.



	Hints	My plan
When should I leave home in an emergency?	<p>Go when emergency services gives an evacuation warning, or</p> <p>Go if you are in danger from fire, flooding or other hazard.</p>	<p>If my home could flood...</p> <p>If there is a nearby bushfire...</p>
Can I exit my home quickly and safely?	Is there anything that would prevent you leaving your home in an emergency?	
Where will I go?	<p>Most people go to family or friends, or perhaps a hotel or similar. Evacuation centres are:</p> <ul style="list-style-type: none"> <li>• for people who have nowhere else to go</li> <li>• or a place to get information before moving on.</li> </ul> <p>To find out which evacuation centre to go to during an emergency, visit <a href="http://TasALERT.com">TasALERT.com</a>, or listen to ABC local radio.</p>	
How will I travel from my home if I need to evacuate?	If you will need help, who are you planning to ask? In an emergency you may not be able to rely on taxis or public transport. In a major disaster, emergency services may not be able to get to everyone.	
What if my usual route from home is cut off?	Plan your evacuation routes. Maybe make a local map with a few options.	

# What should I take if I need to leave home?



Food and water.



Important documents, for example:

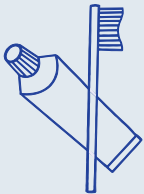
- Insurance papers
- Birth certificates
- Passports
- Your emergency plan and important contact details
- Health and concession cards.



Medicines, glasses and other essential items.



Clothes for 3 days, including warm clothes and strong boots or shoes.



Personal items, such as toothbrush, toothpaste, period products.



Mobile phone and charger, laptop or tablet, external hard drive, phone and phone charger, spare batteries.



Spare home and car keys.



Any special food or eating things you need, for example, baby food, special drinking cups.



Important photos and personal treasures.



Pet food and anything else your pets need.

**Notes:**

**Let your key contacts know you have evacuated and where you have gone to.**

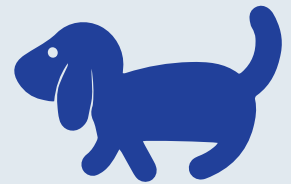
## My health, insurance and other important information

Things to think about	Your notes
<p>Where do you keep your essential medicines and equipment (in case you need to leave your home quickly)?</p> <p>Do you have medication that needs to be kept cold?</p>	
<p>Does your chemist have a copy of your important prescriptions as a backup?</p>	
<p>If you rely on others for support, what are their plans for emergencies? Are they able to support you during an emergency?</p>	

*Hint: Talk to your health providers about any issues that might arise for you during an emergency.*

## Looking after animals in an emergency

- Your animals are your responsibility in an emergency. Move animals to a safe place well before a flood or bushfire.
- For pets and support animals, see RSPCA's Ready Pet Go <https://www.rspcatas.org.au/preparing-your-animals-in-case-of-emergency-ready-pet-go/>
- There is more information for farmers on managing flood and bushfire risks on the SES and TFS websites.



My animals	What do I need to do for them in an emergency?



## How to reduce the impacts of emergencies



Make sure the exits from your home are safe.



Think about the risk of storms, floods and bushfires when you are choosing a home or renovating.



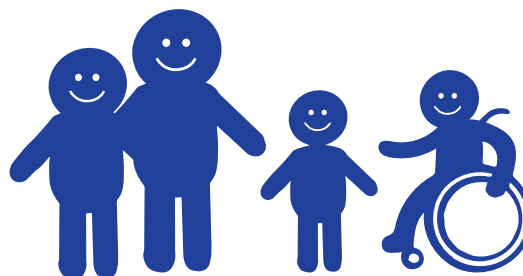
Manage the vegetation around your home. Regularly remove dry fuel such as leaves and twigs.



Make sure gutters are clear of leaves.



Install smoke alarms in bedrooms and living area. Check them regularly.



Connect with your neighbours and get involved in your community.

## 4. Communicate and connect



Talk to your family and other support networks about your plan and their plans for emergencies.

Who to talk to about my emergency plan	Tick box when done
1.	<input type="checkbox"/>
2.	<input type="checkbox"/>
3.	<input type="checkbox"/>

### Talk with your family and support networks about:

#### 1. What types of emergencies might affect you?

- Severe storms and floods
- Bushfire, housefire, smoke
- Heatwave
- No electricity or internet or road access.

#### 2. How does your plan differ for these different types of emergencies?

#### 3. Does your emergency plan fit your life?










- What you value
- Your typical day
- Your living situation.

#### 4. Will your plan be different if you shelter in place or leave your home?

#### 5. How might you help each other during emergencies such as floods and bushfires?

Notes:

## Are there gaps in your emergency plan?

	In an emergency...	Gaps?
	Can I get the information and emergency warnings I need?	
	Can I communicate with the people I need to?	
	Have I identified who can help me?	
	Will I have everything I need to manage my health?	
	Have we organised for everything my family or dependants would need?	
	Have we organised for everything my animals would need?	
	Can I access transport if I need to leave home?	
	Have I reduced the risks around my home as much as possible?	
	Have I talked to neighbours about how we can help each other?	

My notes on what I can do next:

**Tip:** Keep a copy of this plan with someone you trust as a backup.

This guide is based on the University of Sydney's Person-Centred Emergency Preparedness (P-CEP) model – see [collaborating4inclusion.org/pcep](https://collaborating4inclusion.org/pcep). The P-CEP model is for people who may have extra things to think about in an emergency, such as people living with disability. This guide is a cut-down version of this model for everyone to use. For more information, see [ses.tas.gov.au/pcep](https://ses.tas.gov.au/pcep).

# In an emergency:

## Information and warnings



TasALERT.com – for information and warnings

Download the TasALERT app to get warning notifications straight to your phone.

TasALERT.com/download



ABC Local Radio – to find your local frequency visit [reception.abc.net.au](http://reception.abc.net.au)

My local ABC frequency

National Relay Service [www.relayservice.com.au](http://www.relayservice.com.au) phone **133 677**

Bureau of Meteorology warnings [www.bom.gov.au](http://www.bom.gov.au) phone **1300 659 217**

TFS Bushfire enquiry line **1800 000 699**

State Emergency Service [ses.tas.gov.au](http://ses.tas.gov.au).

## Emergency help

### In life-threatening emergencies 000

Hearing or speech impaired SMS relay **0423 677 767**

Voice Relay **1300 555 727**

Type and listen **133 677**

National Interpreter Services **1800 131 450**

### Non-life threatening emergencies

SES in storms and floods **132 500**

Police non-emergency **131 444**

Lifeline 24-hour crisis counselling **13 11 14** **SMS 0477 13 11 14**

## My key contacts

For example, family, friends, neighbours, other support people.

Name	Phone	Address

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