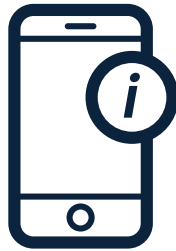


PREPARING FOR AN EMERGENCY



be
PREPARED

be
INFORMED



be
READY



KNOW YOUR RISK

EMERGENCY CONTACTS:



Call **000** if you need **urgent help** from police, fire or ambulance services

If you require assistance due to flood or storm call **NSW SES** on **132 500**

REMEMBER: NEVER ENTER FLOOD WATER

Who would you need to contact in an emergency? (e.g. carer, relatives, friends, emergency contact)

Name: _____

Phone: _____

Name: _____

Phone: _____

Where will you go in an emergency?

Name: _____

Phone: _____

Address: _____

STAY INFORMED:



ABC Radio Sydney 702 AM
Local Radio 89.9 FM

Visit the Hawkesbury City Council Disaster and Emergency Dashboard

disaster.hawkesbury.nsw.gov.au



Interpreter Service available, call 131 450

450 131 ب لصفنا، تمچرتلا تمدهخ رفصوت

可提供口譯服務，請撥131 450

Hemm servizz ta-interpretu, çempel 131 450



hawkesbury.nsw.gov.au

KNOW YOUR RISK

ARE YOU AT RISK?

FLOODING



If you live close to a waterway or in a floodplain, you may be at risk from floods.

You may also be indirectly affected; access roads may be blocked or you lose power, utilities or telephone connection.

To check your **flood risk** visit click [HERE](#).

STORMS

Storms can happen anywhere, at any time of the year.

To monitor rain activity and your **storm risk** visit click [HERE](#).



BUSH FIRE



You don't have to live right near the bush to be at risk.

To check your **bush fire risk**, search 'Bush Fire Prone Land Map' at hawkesbury.nsw.gov.au

HEAT

Heatwaves or extreme heat events can have serious impacts on your health.

Prepare early and plan for **heatwaves** click [HERE](#).



MENTAL HEALTH



For confidential **crisis support**, accessible 24 hours a day call 13 11 14 or click [HERE](#).

PREPARING FOR AN EMERGENCY

If you live near bushland, a river, creek or on a floodplain, sooner or later you may be impacted by a natural disaster.

In planning for an emergency you might consider the following:

- Create a personal emergency plan
- Prepare and keep an emergency kit at home
- Check your insurance coverage in case of emergency
- Talk with your family, friends and neighbours about what you plan to do in the event of an emergency
- Practice and review your emergency plan and update any changes so all household members know what to do in the event of an emergency

NSW State Emergency Service, NSW Rural Fire Service, NSW Health and Red Cross have emergency planning tools available to help prepare your plan:

www.rfs.nsw.gov.au/fire-information/fires-near-me

www.rfs.nsw.gov.au/plan-and-prepare/prepare-your-family

www.rfs.nsw.gov.au/resources/bush-fire-survival-plan

www.sesemergencyplan.com.au

www.ses.nsw.gov.au/get-ready-animals

www.health.nsw.gov.au/environment/beattheheat

www.redcross.org.au/get-help/emergencies/preparing-for-emergencies/get-prepared-app

If you need help accessing these websites to make a plan you could ask a family member, friend or neighbour to help or call 1800 NSW RFS (1800 679 737), NSW SES 132 500 or 1800 Red Cross (1800 733 276)

EMERGENCY KIT



WHAT YOU MIGHT INCLUDE IN YOUR EMERGENCY KIT:



- PORTABLE RADIO



- TORCH



- BATTERIES OR POWER BANK



- EMERGENCY CONTACTS



- MEDICATIONS/SCRIPTS



- WATER TO DRINK



- IMPORTANT DOCUMENTS IN A PLASTIC SLEEVE



- FIRST AID KIT FOR YOUR HOUSEHOLD

IF YOU ARE REQUIRED TO EVACUATE YOU MIGHT NEED TO CONSIDER THE FOLLOWING:

- Supplies for babies e.g. formula, nappies, clothing etc
- Appropriate clothing and footwear for the emergency situation
- Food and drinking water

DON'T FORGET YOUR PETS

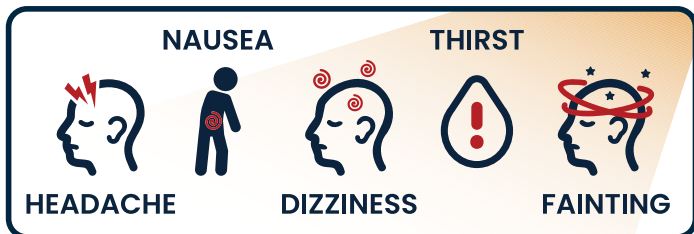


- Collar with ID tag, harness or leash
- Crates, carriers or leads to easily transport your pet
- Bowls, food and any medication for your pets for 3 – 7 days
- Toileting requirements; litter tray, bags

HEAT IS A HEALTH RISK BEAT THE HEAT



WATCH FOR SIGNS OF **HEAT STRESS**



HEATWAVE PREPARATION CHECKLIST:

- CHECK FANS AND AIR-CONDITIONERS
- PROTECT WINDOWS FROM DIRECT SUNLIGHT USING BLINDS OR CURTAINS
- HAVE COOL PACKS AND MAKE ICE CUBES
- CHECK IN WITH YOUR NEIGHBOURS

KEEP YOURSELF **COOL**

- Drink plenty of water
- Wear loose fitting clothing
- Stay out of the sun
- Try to be indoors during the hottest part of the day
- Have a cool shower
- Close windows and doors to keep the heat out
- Use air conditioning, where available

FIND A **COOL PLACE**

- Your local library
- Swimming pool
- Friends or family with air conditioning in their homes
- Your local shopping centre