

# GET READY AUSTRALIA

## Preparing Your Family for a Disaster

### A 'Get Ready Australia' Guide

*An initiative by Australian Disaster Recovery Organisation*

[www.disaster.org.au](http://www.disaster.org.au)



**DISASTER.ORG.AU**  
AUSTRALIAN DISASTER RECOVERY ORGANISATION

# Introduction: Welcome to 'Get Ready Australia'

- ▶ Proudly presented by the Australian Disaster Recovery Organisation.
- ▶ Designed to help you and your family prepare for a range of emergencies: bushfires, floods, cyclones, and other natural events.
- ▶ Being prepared means you can act quickly and confidently when disaster strikes.

# Your Family Preparedness Plan

A well-thought-out plan is the cornerstone of family safety during an emergency.

This guide will walk you through essential components to build your resilience.

# The Family Preparedness Kit: Essential Supplies

Should contain enough supplies for your household to be self-sufficient for at least three days.

You can build your kit over time or complete it all at once. The key is to have it ready.

# Kit Component: Water

- ▶ Store a minimum of four litres of water per person per day for three days.
- ▶ Crucial for drinking and sanitation.
- ▶ Account for increased needs for children, nursing mothers, individuals with medical conditions, and in warm climates.
- ▶ Store water in clean, tightly sealed plastic containers and rotate your supply every six months.
- ▶ Frozen water containers can help keep perishable food and medications cool.

# Kit Component: Food & Comfort Items

- ▶ Stock at least a three-day supply of non-perishable food for each person.
- ▶ Choose foods that require no refrigeration or preparation water.
- ▶ Select items your family enjoys, but be aware caffeine can cause dehydration.
- ▶ Consider dietary restrictions or specific needs for children, nursing mothers, and individuals with allergies or medical conditions.
- ▶ Don't forget a manual can opener and eating utensils.

# Kit Component: Warmth, Light & Communication

- ▶ Include blankets, sleeping bags, sturdy shoes, and rain gear for each family member.
- ▶ In cold areas, add gloves, hats, coats, and thermal underwear.
- ▶ Consider a generator or solar panel for longer-term power needs.
- ▶ Equip each person with a torch and extra batteries (lithium batteries last longer).
- ▶ A battery-powered radio with spare batteries, candles, matches, and a fire extinguisher are vital.

# Kit Component: Clean Air, First Aid & Hygiene

- ▶ Pack two to three N95 masks per person to protect against airborne particles.
- ▶ Assemble a personal hygiene kit for each family member (soap, toothbrush, toothpaste, wet wipes).
- ▶ A comprehensive first-aid kit is essential:
  - ▶ Latex gloves, sterile dressings, antibiotic ointment, cleansing agents.
  - ▶ Various bandages and non-prescription medicines.
- ▶ Ensure at least a week's supply of any prescription medications.
- ▶ Consult your doctor or pharmacist about storing extra supplies.



# Kit Component: Documents & Pets



Important documents (passports, birth certificates, insurance policies) stored in a portable, waterproof, fireproof container.



Create extra copies: store with a trusted relative/friend or on an external hard drive.



Include a copy of a utility bill for proof of residence.



For pets: pack food, bottled water, medications, veterinary records, carrier/leash, food dishes, and a recent photo.

# Storing Your Kit

Keep	Keep your Family Preparedness Kit in a cool, dry, and easily accessible location.
Use	Use sturdy plastic containers.
Remember	Remember to update food, medications, and weather-appropriate clothing regularly.

# Family Communications Plan: Staying Connected



- ▶ Disasters can disrupt phone lines and internet access. It's vital to have a plan for how your family will contact each other if separated.
- ▶ Key Actions:
  - ▶ Create a contact list with essential phone numbers and email addresses for all family members.
  - ▶ Have each family member keep a copy of this list in their wallet, purse, or backpack.
  - ▶ Consider providing a copy to your children's school or daycare.
  - ▶ Include a copy of your family communications information in your Family Preparedness Kit.

# Utilities Shut-Off & Safety

- ▶ In emergencies, authorities may direct you to shut off utilities. Familiarise yourself with these procedures.
- ▶ Water Shut-Off:
  - ▶ Learn where your main water shut-off valve is located (usually near the water meter) and how to turn it off.
  - ▶ During extreme cold, leaving a tap trickling can prevent pipes from freezing.
- ▶ Electricity Shut-Off:
  - ▶ Identify your main electrical panel and learn how to turn off the main breaker.
  - ▶ NEVER hard-wire a generator into your home's electrical panel.
  - ▶ Place diesel generators outside in a well-ventilated area to prevent carbon monoxide buildup.



# Insurance & Vital Records: Protecting Your Assets



- ▶ Ensure your family is financially prepared for recovery.
- ▶ Insurance Review:
  - ▶ Review your property, health, and life insurance policies.
  - ▶ Consider flood insurance if you live in a flood-prone area.
- ▶ Having adequate coverage can significantly speed up recovery.
- ▶ Home Inventory:
  - ▶ Create a record of your home and belongings (take photos/videos).
  - ▶ Store a copy of this inventory, along with your insurance documents, in your Family Preparedness Kit.
- ▶ Money:
  - ▶ Maintain an emergency savings account.
  - ▶ Keep a small amount of cash in a safe place at home for use during power outages.

# Evacuation Plans: Knowing Your Routes



Being educated and aware of potential local hazards is crucial.



Understand Local Risks:

Consider the types of disasters common in your area (bushfires, floods, cyclones, etc.).



Escape Routes & Meeting Points:

Identify safe escape routes within your home and establish pre-determined meeting locations for different scenarios.  
Discuss these with your family, involving children in the process.



Community Evacuations:

Officials will provide information through media or warning systems; time to evacuate varies.  
Obtain maps of recommended evacuation routes from local authorities.

# Evacuation Guidelines

- ▶ ALWAYS: Keep your car's fuel tank full if an evacuation seems likely.
- ▶ Plan to take one vehicle per family to reduce congestion.
- ▶ Arrange transport with friends or family if you don't own a car.
- ▶ Stay updated via local weather reports and emergency services.
- ▶ If instructed, leave immediately. Leave early to avoid severe weather.
- ▶ Follow recommended routes and avoid flooded areas or downed power lines.
- ▶ IF TIME PERMITS: Pack essential items from your Preparedness Kit.
- ▶ Wear protective clothing and sturdy shoes.
- ▶ Secure your home by closing windows and doors and securing outdoor items.
- ▶ Unplug non-essential electrical equipment.
- ▶ Leave freezers and refrigerators plugged in unless flooding is a risk.
- ▶ Leave gas utilities on unless directed otherwise.
- ▶ Inform others of your evacuation destination.



## Care for Pets: Including Your Furry Family

- ▶ Your pets are part of the family. Plan for their needs, whether you stay or evacuate.
- ▶ Pet Disaster Needs:
  - ▶ Ensure identification tags are up-to-date and securely attached.
  - ▶ Have secure carriers and leashes or harnesses ready.
- ▶ DO NOT leave pets behind if you evacuate; they are unlikely to survive on their own.



# Weather Monitoring: Stay Informed

- ▶ Modern technology makes it easier than ever to stay updated on weather conditions.
- ▶ Recommended Australian Resources:
  - ▶ BOM Weather App: Authoritative source for weather information and severe weather warnings.
  - ▶ Fires Near Me Australia App: Real-time information on bushfires across Australia.
  - ▶ ABC listen app: Listen to local programs and emergency broadcasts.
  - ▶ Websites: [bom.gov.au](http://bom.gov.au) and [hazardwatch.gov.au](http://hazardwatch.gov.au) offer comprehensive information and warnings.



## Conclusion: Enhance Your Family's Resilience

- ▶ By taking these steps, you significantly enhance your family's safety and resilience.
- ▶ Start preparing today - your family's safety is worth it.

# Checklist - Family Food Needs

	Water
	Water filter

	Canned fruit		Powdered/UHT milk
	Canned vegetables		Salt and pepper
	Canned meat		Can opener
	Cereal		Vitamins
	Crackers		
	Dried fruit		
	Paper plates & napkins		
	Plastic cutlery		

# Checklist - Comfort & Hygiene

	Battery powered radio
	Batteries (correct size)
	Clothing sets
	Gloves, coats, hats, thermal wear
	LED torch
	Rain gear
	Shoes (sturdy)
	Sleeping bags/blankets

	Baby wipes
	Bleach
	Disinfectant spray
	First-aid kit
	Hygiene kit (see below)
	N-95 masks (2-3 per person)
	Other items (e.g.feminine hygiene)
	Prescriptions (1 week's worth)

Hygiene Kit (per person) suggestions include:

large ziploc bag, deodorant, soap, toothbrush, toothpaste, comb/hairbrush, travel-sized shampoo

# Checklist - Documents

	Birth certificates		Home inventory
	Credit / Debit card and bank account details		Home, auto and life insurance policy details
	Copy of a bill addressed to you		Immunisation records
	Copy of your will (solicitor should retain original)		Legal documents
	Death Certificates		Marriage certificates
	Deeds and Trust information		Medical records and details
	Divorce certificates		Passports
	Driver's license		Share certificates
	Family records		Tax details
	Financial inventory		Titles to properties

# Checklist - Baby Needs

	Bottles
	Formula/Food/Powdered milk
	Medications
	Nappies
	Nappy rash ointment
	Wipes
	Other comforts (dummy, soft toy, etc)

# Checklist - Pets (and Service Animals)

	Copy of registration, vaccination and medical records
	Dog muzzle
	Harness and/or leash
	Manual tin opener and plastic lid for food cans
	Medicines
	Non spill bowls
	Pet carrier
	Plastic bags, litter and litter box
	Travel-size bird cage and cover
	Water, food and treats (7 day supply)
	Photo of each pet

# Checklist - Car & Misc.

	Bottled water
	Emergency blanket
	Ice scraper
	Jerry can
	Jumper leads/cables
	Siphon
	Snacks
	Toolkit

	Duct tape
	Esky
	Gas cooker and full propane tanks
	Knife
	Power bank and cables for phones
	Scissors
	Solar charger
	Spare house and car keys



# Communications Plan

- ▶ **Primary residence/address**

- ▶ Address: \_\_\_\_\_

- ▶ Suburb: \_\_\_\_\_ State: \_\_\_\_\_ P/Code: \_\_\_\_\_

- ▶ **Secondary residence/address**

- ▶ Address: \_\_\_\_\_

- ▶ Suburb: \_\_\_\_\_ State: \_\_\_\_\_ P/Code: \_\_\_\_\_

# Communications Plan

► **Adult Contact Details (complete details for each adult)**

► Name: \_\_\_\_\_

► Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: \_\_\_\_\_

► Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

► Email: \_\_\_\_\_

► Identifying Features: \_\_\_\_\_

► \_\_\_\_\_

► Special Needs: \_\_\_\_\_

► \_\_\_\_\_

► Next of Kin: \_\_\_\_\_ Phone: \_\_\_\_\_

► Work/Employer: \_\_\_\_\_

► Work Phone: \_\_\_\_\_ Contact: \_\_\_\_\_

► Address: \_\_\_\_\_

► Instructions: \_\_\_\_\_

# Communications Plan

- ▶ **Child Contact Details (complete details for each child)**

- ▶ Name: \_\_\_\_\_

- ▶ Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Sex: \_\_\_\_\_

- ▶ Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

- ▶ Email: \_\_\_\_\_

- ▶ Identifying Features: \_\_\_\_\_

- ▶ \_\_\_\_\_

- ▶ Special Needs: \_\_\_\_\_

- ▶ \_\_\_\_\_

- ▶ Next of Kin: \_\_\_\_\_ Phone: \_\_\_\_\_

- ▶ School/Employer: \_\_\_\_\_

- ▶ Phone: \_\_\_\_\_ Contact: \_\_\_\_\_

- ▶ Address: \_\_\_\_\_

- ▶ Instructions: \_\_\_\_\_

# Communications Plan

## ► Pet Information

► Name: \_\_\_\_\_

► Pet Type: \_\_\_\_\_ Breed: \_\_\_\_\_

► Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Registration/Microchip: \_\_\_\_\_

► Identifying Features: \_\_\_\_\_

► \_\_\_\_\_

► Vet Name: \_\_\_\_\_

► Vet Location: \_\_\_\_\_ Vet Phone: \_\_\_\_\_

► Special Needs: \_\_\_\_\_

► \_\_\_\_\_

► Instructions: \_\_\_\_\_

# Communications Plan

- ▶ **Meeting Locations**

- ▶ *Around the Home:*

- ▶ Where to Meet:\_\_\_\_\_

- ▶ Phone:\_\_\_\_\_Contact:\_\_\_\_\_

- ▶ *In the Neighbourhood:*

- ▶ Where to Meet:\_\_\_\_\_

- ▶ Phone:\_\_\_\_\_Contact:\_\_\_\_\_

- ▶ *Outside the Neighbourhood:*

- ▶ Where to Meet:\_\_\_\_\_

- ▶ Phone:\_\_\_\_\_Contact:\_\_\_\_\_

- ▶ *Outside the Town/Suburb:*

- ▶ Where to Meet:\_\_\_\_\_

- ▶ Phone:\_\_\_\_\_Contact:\_\_\_\_\_

# Communications Plan

- ▶ **Important Contact Details**
- ▶ For all emergencies, call 000
- ▶ Poisons Hotline: 13 11 26
- ▶ SES: 13 25 00
- ▶ Local Police: \_\_\_\_\_
- ▶ Hospital: \_\_\_\_\_
- ▶ Council: \_\_\_\_\_
- ▶ Animal Control/Pound/Shelter: \_\_\_\_\_
- ▶ Other: \_\_\_\_\_
- ▶ Other: \_\_\_\_\_
- ▶ Other: \_\_\_\_\_
- ▶ For recovery assistance following a disaster, contact Australian Disaster Recovery Organisation by email at **hello@disaster.org.au**

For assistance with recovery following a  
disaster, please reach out to  
Australian Disaster Recovery Organisation

[www.disaster.org.au](http://www.disaster.org.au)  
[hello@disaster.org.au](mailto:hello@disaster.org.au)

Disclaimer: Whilst all due care and effort have been used to prepare this guide, it is only to be used as a helpful reference. Your circumstances and the area where you reside may have unique circumstances that need to be considered in constructing a plan to suit your personal and family needs.

Australian Disaster Recovery Organisation accepts no responsibility or liability for any information missing from this guide or the implementation of a personal or family plan you may make. You should obtain independent advice.