

TAKE 3 STEPS TO PREPARE



Stock Up on Emergency Supplies

A critical part of being prepared is having the right supplies to survive the disasters most likely to occur. For example, someone that has their property listed as a flood zone by the Toowoomba Regional Council will need to prepare. Everyone can consider investing in fire blankets and face masks to prepare for a fire. This community needs to focus more on drought, fire, flood and heatwave preparedness. Each of these disasters requires unique supplies and planning along with more general gear that helps in any type of emergency. It is a great idea to have a portable 72-hour emergency kit as it is essential in case you and your family have to evacuate your home quickly.

Example 72-hour emergency kit per person:

- 600ml Water bottles & Tin Food (non perishable products)
- Battery-powered or hand-powered radio and extra batteries
- High-powered flashlight and extra batteries
- First aid kit
- Baby wipes, garbage bags, and twist ties (for sanitation)
- Local maps and emergency map, download the emergency apps
- Fully charged backup cell phone charger (preferably no reliability on electricity)
- Spare clothing

Also stock up on the following for general preparedness at home:

- Flashlight, Headlamps (for hands-free lighting), Extra batteries
- Face masks
- Lighter and matches
- Hand-held radio
- Local and regional maps of the area with emergency meeting areas
- Compass
- Change of clothing for each family member
- Copies of personal ID documents like driver's licenses, birth certificates, and passports
- Extra medications
- Personal care products such as toothbrushes, toothpaste, wet wipes, travel-size shampoo and conditioner
- Two-way radios
- Emergency blankets or sleeping bags for everyone in your family
- Emergency tent, Sleeping bags
- Extra cash
- Infant care products like wipes, diapers, bottles, and formula
- Gloves
- Entertainment options, like playing cards or classic games like Scrabble

Care and Support

DISASTER & EMERGENCY RELIEF

There is no better exercise for your heart than reaching down and helping to lift someone up



South West Millmerran Community Philanthropy Inc. & Charity

SW MCP

At a time of crisis, you can be that difference
in someone's life

For the community
by
the community!

Volunteer

DISASTER & EMERGENCY RELIEF

The SWMCP is a volunteer organisation registered for Emergencies and Disaster relief with the Volunteering QLD.h SWMCP is proudly an approved member!

Contact us

PO Box 454
MILLMERRAN QLD 4357

Email: swmcp@outlook.com

www.swmcp.com.au



Proud member:



Visit the SWMCP website for more in-depth information
<https://www.swmcp.com.au/disaster-emergency>

Incorporated QLD: IA60063
Charity: CH3450
ABN: 23907861882

© 2021 SWMCP All rights reserved.



Being prepared for a disaster or emergency

1. Create an Emergency Plan with Your Family

Some disasters — such as flood and fires, may require you to flee your home. Creating an emergency preparedness plan can feel overwhelming however the Queensland Government have a Prepare Your Emergency & Evacuation Plan | Get Ready QLD. One of the most vital plans is an escape plan. There will be more people requiring food and medical assistance, which means less help for you and your family. These are uncomfortable questions to consider, but they're at the heart of a thorough disaster plan.

2. Plan Communication

It's important to figure out how you're going to communicate with your community and or family in an emergency. You can't always count on your cell phone to work, especially if towers are down or the network is weak. You can use social networking sites like Facebook and Twitter or text messages to stay in touch with your family or community since they might still work even if cell service doesn't. Ensure everyone in your family has these social networking apps on their phone and that they know to use them if their calls don't go through. Keep copies of your family communication plan in your home, your car, your purse or emergency suitcase, and each of your children's backpacks. During an emergency, it is essential you do whatever you can to extend your cell battery life. Make sure you keep a charging source that does not require power, in your car, and your emergency kit, so you have a backup power source. You can also extend your battery life by:

- *Putting your phone on airplane mode*
- *Reducing your screen's brightness*
- *Closing apps you don't need*
- *Switching on your phone's low power mode*
- *Disabling any voice assistant (like Siri)*
- *Turning off the vibrate setting for notifications, as it uses more power than a ringtone*
- *Turning off any cloud services like iCloud or Google Drive to avoid automatic backups*
- *If you're with your family, turn off everyone's phone but one (when you deplete the initial phone's battery, turn on another phone)*

3. Plan a Meeting Space

Families don't always live together when a natural disaster strikes. That's why it's vital to have an agreed-upon meeting place so you can all reunite if your home is unsafe or it's in an area where local authorities have ordered evacuations. If you are distant from your family, let them know of your emergency plan and evacuation meeting space. That is where good communication is critical. Your family should know how to connect and communicate with each other, so everyone knows It's also essential you talk with your family, friends, neighbours and the community about how each of you would get to each location during an emergency. That's especially vital for the vulnerable and residents that don't have transport.

4. Stock Up on Emergency Supplies

A critical part of being prepared is having the right supplies to survive the disasters most likely to occur. For example, someone that has their property listed as a flood zone by the Toowoomba Regional Council will need to prepare. Everyone can consider investing in fire blankets and face masks to prepare for a fire. This community needs to focus more on drought, fire, flood and heatwave preparedness. Each of these disasters requires unique supplies and planning along with more general gear that helps in any type of emergency. It is a great idea to have a portable 72-hour emergency kit as it is essential in case you and your family have to evacuate your home quickly.

Example 72-hour emergency kit per person:

- 600ml Water bottles
- Tin Food (non perishable products)
- Battery-powered or hand-powered radio and extra batteries
- High-powered flashlight and extra batteries
- First aid kit
- Baby wipes, garbage bags, and twist ties (for sanitation)
- Local maps and emergency map
- Fully charged backup cell phone charger (preferably no reliability on electricity)
- Plastic sheeting and duct tape, or emergency tents
- Spare clothing

Also stock up on the following for general preparedness at home:

- Flashlight
- Headlamps (for hands-free lighting)
- Extra batteries
- Face masks
- Lighter and matches
- Hand-held radio
- Local and regional maps of the area with emergency meeting areas
- Compass
- Change of clothing for each family member
- Sleeping bags
- Copies of personal ID documents like driver's licenses, birth certificates, and passports
- Extra medications
- Personal care products such as toothbrushes, toothpaste, wet wipes, travel-size shampoo and conditioner
- Two-way radios
- Emergency blankets or sleeping bags for everyone in your family
- Emergency tent
- Extra cash
- Infant care products like wipes, diapers, bottles, and formula
- Gloves
- Entertainment options, like playing cards or classic tabletop games like Life or Scrabble

5. Use your phone

Today, many smartphone apps help you and your family during an emergency. Some direct you to the nearest emergency area and provide updates, while others can give lifesaving information.

6. Download the emergency & first aid assistance apps

There are a million emergencies that can happen during disasters, and you can't always rely on emergency and medical services when so many people are injured or roads are blocked. It's just smart to know how to handle some common emergencies yourself to treat mild to moderate injuries, and keep informed whilst waiting. You also need to keep a well-stocked first-aid kit in your emergency pack in case you have to evacuate or you're in a car accident when fleeing a disaster. It is essential you familiarise yourself prior to the disaster strikes to learn how to handle common emergencies

7. Stock up on Food, Water & Household Supplies

At any given time you should have several days' or weeks' worth of water and food in case of any type of disaster, emergency or pandemic. Supplies for a month or more are even better. Building a long-term food storage pantry means you won't have to put yourself at risk of infection by going to the store, and you'll be shielded from the food shortages that could very well occur if supply chains are disrupted. In light of all this, it's smart to have a well-stocked food pantry. So what should you stock up on? Focus on shelf-stable foods your family already eats and enjoys.

8. Make sure you have an emergency plan

It's crucial you consider what you will do before the pandemic, emergency or disaster forces the issue. With a plan in place, you don't have to worry about what you're going to do if the situation worsens. Also, make a list of community organisations you can contact to receive help in the form of information, medical assistance, food, and supplies. It is also important to make sure you have enough in your emergency fund to survive for a while without a regular income. Prepare to Help Your Family Adjust - It's essential you think about how you might help your family adjust if the pandemic continues to worsen and daily routines are disrupted again. Children might experience stress, depression, or anxiety if schools are forced to close and they have to transition to all-virtual learning. Other strategies, like starting a family game night or starting an impromptu family band, might relieve some of the boredom from being stuck at home and not seeing their friends as often as they'd like.

9. Check Your Insurance Coverage

Check that your homeowner's insurance, contents or renter's insurance coverage is adequate for your needs. And make sure you understand what your policy covers and what it does not.

View the full helpful hints on the www.swmcp.com.au website