



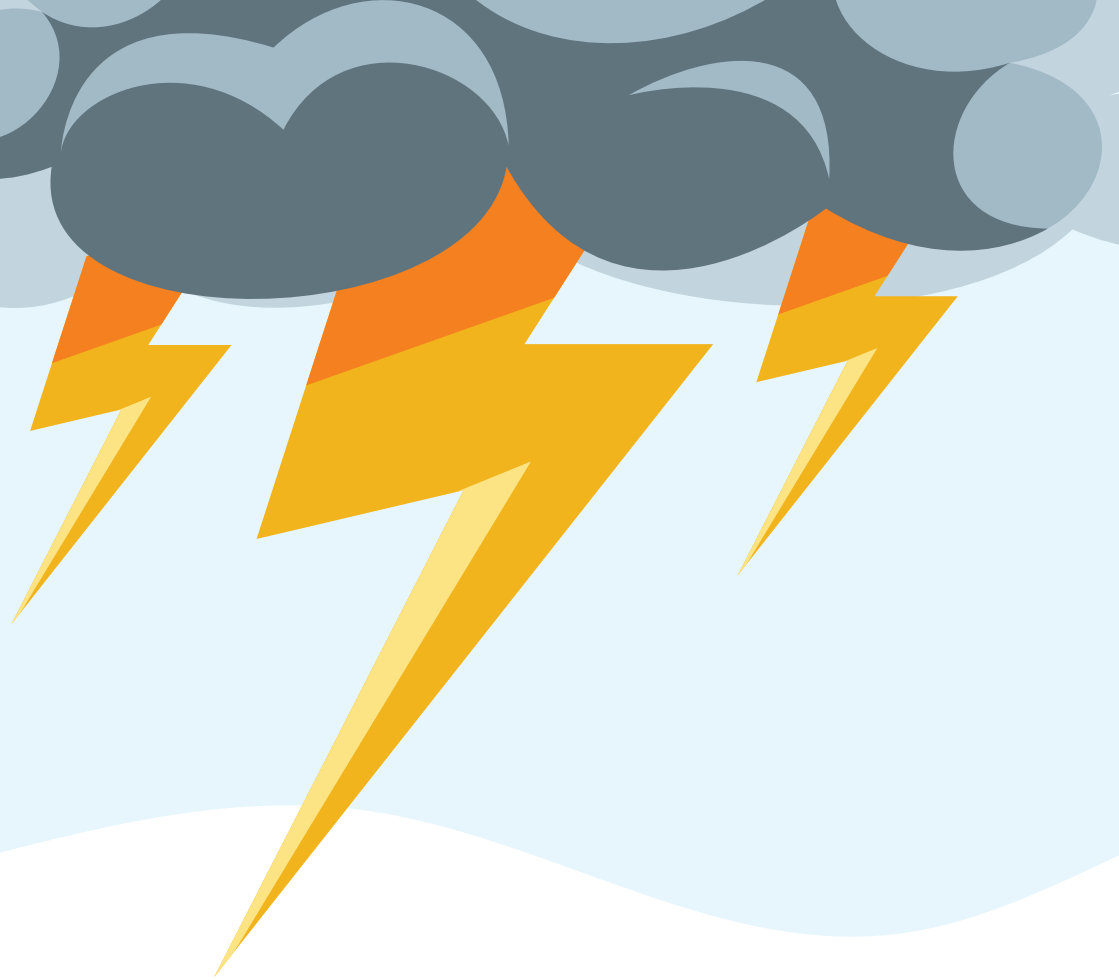
**Northern
Victorian
Emergency
Management
Cluster**

*In an
emergency
what is
**your
plan?***



VICTORIA POLICE





Important information

Emergencies can happen at any time and can affect us, our families and our community.

This brochure provides a snapshot of what you should do to plan, prepare and act in case of emergency. It's important to plan; it could save your life.

Here are five important steps to help you in an emergency:

1. KNOW YOUR RISKS

2. HAVE A PLAN

3. BE CONNECTED

4. SAFETY AND WELLBEING

5. INFORMATION

1. KNOW YOUR RISKS

Many of us live in areas of high or extreme fire risk and/or in areas that are subject to flooding.

Understanding your local risks is the first step in knowing what to do before and during an emergency.

There are tools and resources to assist:

Flood Eye tool

www.nccma.vic.gov.au/flood-eye

- Tool developed by North Central Catchment Management Authority (NCCMA)
- Free online flood information about your property

CFA: Your Local Area Information and Advice

www.cfa.vic.gov.au/plan-prepare/your-local-area-info-and-advice

- Provides advice on which fire district you live in or are travelling to
- Displays Total Fire Ban status and Fire Danger Ratings forecast for your location
- Lists fire safety meetings and CFA community events near you



2. HAVE A PLAN

In an emergency, what is your plan?

There are simple and practical steps you can take to protect yourself, the people you love and the things you value the most. Create an emergency plan to:

- Know when you need to leave
- Know where to go to be safe
- Know how to get out

The following can be used to help create an Emergency Plan:

- RediPlan
www.redcross.org.au/prepare
- The Get Prepared app - Australian Red Cross



- The VICSES emergency preparedness booklet for flood and storm, via the VICSES webpage
www.ses.vic.gov.au/plan-and-stay-safe/create-an-emergency-plan

Prepare your home

Preparing and strengthening your home does not only protect your property during disasters but it could also save your life.

TIPS

- Prepare / update your emergency kit in case you lose power or need to leave home in an emergency
- Keep your phone charged and ready
- Learn how to safely turn off power, water and gas around your home
- Check your insurance policy is current and adequate
- Listen to your local radio station and other media for weather warnings

If you would like further assistance with developing your plan or preparing your property, please visit www.cfa.vic.gov.au or call the VicEmergency hotline on 1800 226 226



OUTDOORS

INDOORS

FIRE



- Clear gutters
- Remove rubbish abutting the house
- Keep grass short within 10m of house
- Trim trees and shrubs and remove piles of fine fuels e.g. leaves
- Store flammable liquids away from house
- Check water tanks

- Turn off air-conditioner
- Remove all flammable materials from under the house
- Seal gaps around windows and door frames

FLOOD



- Clean gutters, downpipes and drains regularly to prevent blockages
- Prepare sandbags
- Tie down or bring outdoor items inside that are likely to float and cause damage

- Unplug appliances to prevent electrical shock when power returns
- Raise valuable items off the floor
- Raise poisons, oils and chemicals well above floor level
- Reinforce windows and doors and ensure they are tightly sealed

STORM



- Clean gutters, downpipes and drains regularly to prevent blockages
- Remove tree branches close to your home
- Secure loose items around your property, e.g. trampolines, shade shelters, outdoor furniture
- Fix any damage to your roof, e.g. broken or missing tiles, iron

- Seal gaps around windows and door frames

2. HAVE A PLAN

Prepare an Emergency Kit

LIGHT	
Torch with spare batteries (consider wind-up torches)	<input type="checkbox"/>
Candles, lighter and waterproof batteries	<input type="checkbox"/>
FOOD AND WATER	
Water in sealed containers	<input type="checkbox"/>
Non-perishable food. Remember the needs of everyone in your household. Have at least three days' worth of food	<input type="checkbox"/>
Baby formula (if required)	<input type="checkbox"/>
Can opener	<input type="checkbox"/>
Portable stove with fuel (i.e. butane gas canisters)	<input type="checkbox"/>
Cooking utensils	<input type="checkbox"/>
MEDICATION AND PRESCRIPTIONS	
Medical equipment and supplies	<input type="checkbox"/>
First Aid Kit and manual	<input type="checkbox"/>
Special need items for infants, aged or people with disabilities	<input type="checkbox"/>
TOILETRIES	
Toothbrush, toothpaste, soap, shampoo, toilet paper	<input type="checkbox"/>
Insect repellent, sunscreen	<input type="checkbox"/>
Personal hygiene items	<input type="checkbox"/>
Towels	<input type="checkbox"/>
PROTECTIVE GEAR	
Consider clothes made from natural fibres	<input type="checkbox"/>
Woollen blankets	<input type="checkbox"/>
Sturdy shoes or boots	<input type="checkbox"/>
Heavy duty gloves	<input type="checkbox"/>
Wide brimmed hat	<input type="checkbox"/>
Duct tape	<input type="checkbox"/>
COMMUNICATIONS	
Radio - battery powered (with spare batteries). Mark on dial the frequencies of your ABC Local Radio or other local services	<input type="checkbox"/>
Mobile phone charger and portable power pack	<input type="checkbox"/>

PETS

Sufficient non-perishable pet food and water for several days	<input type="checkbox"/>
Food/water bowls	<input type="checkbox"/>
Leash and carry cage or box	<input type="checkbox"/>
Toilet litter or old newspapers	<input type="checkbox"/>
Essential medications and vet contact details	<input type="checkbox"/>
Current vaccination certificate, registration and other identification	<input type="checkbox"/>
Determine a room in your house for your pet i.e. bathroom or laundry	<input type="checkbox"/>
Emergency Relief Centres may not take pets. Make a plan of where you can take your pets if required	<input type="checkbox"/>



CASH

ATMs and banks may not be operating during an emergency. Having some cash will help meet basic and urgent needs	<input type="checkbox"/>
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OTHER

Your RediPlan	<input type="checkbox"/>
Scans or photocopies of important documents, place in waterproof container	<input type="checkbox"/>
Photos of valuable household items	<input type="checkbox"/>
Garbage bags	<input type="checkbox"/>
Fuel for generator (if applicable)	<input type="checkbox"/>
Entertainment for kids	<input type="checkbox"/>

1. Consider your options
2. Leave early and live
3. Activate your plan



Set an annual reminder in your phone or calendar to check your emergency kit.

3. BE CONNECTED

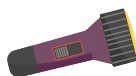
Do your neighbours need help or can they help you?

Check on your neighbours - being connected to the people around you and your neighbourhood helps everyone to stay safe.

- 1 Tell someone your plan
- 2 Tell someone where you are going
- 3 Tell someone when you get there

Get to know your neighbours

- Knock on the door or lean over the fence and say hello!
- Offer a ride into town
- Offer to collect mail/put out bins when they're away
- Invite them over for an informal meal or cuppa
- Check on a neighbour during extreme heat
- Help a neighbour prepare for a possible emergency
- Share produce from your garden
- Invite your neighbours to go with you to a community event





Know your neighbours (check on them)

Name:

Address:

Pets:

Phone:

Email:



Name:

Address:

Pets:

Phone:

Email:

3. BE CONNECTED

Local information

Neighbourhood House

Your local Neighbourhood House can be a place to get information and meet your neighbours. You can also get help in preparing your Emergency Plan. For more information on your local Neighbourhood House go to www.ranch.net.au

Bushfire Place of Last Resort

A 'Bushfire Place of Last Resort' or NSP-BPLR (also known as a 'Neighbourhood Safer Place') is a place of last resort when all other bushfire plans have failed.

Hospital or medical clinic

It is important to know the location of your medical clinic or your nearest hospital.

Cooler place

In period of extreme heat, look for a location which can offer a cool place to escape the heat eg. shopping centre, movie cinema or library.



4. SAFETY AND WELLBEING

Decision time:

STAY

or

GO

It is very important to know your risks and decide whether to stay or go

Taking the time to learn about the kinds of emergencies likely to occur in your area, and having a plan to respond, will help you to make the decision to stay or go when the time comes to act.

Having a plan means you can think clearly, have a greater sense of control and make better decisions.

Managing stress

People who live in communities at risk of bushfire, floods and storms, can experience thoughts and feelings of worry and concern (referred to as 'anxiety'). These thoughts and feelings might be stronger and more intense for those who have experienced disasters previously.

If stress and worry turn into heightened levels of anxiety with thoughts, emotions and physical sensations that are difficult to manage, you should visit your GP.

If at any time you are worried about your mental health, the mental health of a loved one or would like more information, please see the following useful numbers / links.


- Lifeline - 13 11 14
- Beyond Blue
www.beyondblue.org.au
- Better Health
www.betterhealth.vic.gov.au
- Headspace
www.headspace.org.au
- Australian Red Cross
www.redcross.org.au





5. INFORMATION


Knowing where to get information and advice can be critical in an emergency. Stay informed during high-risk times. The apps and websites listed below will assist you in an emergency.

For more information go to:

 **APP**


VicEmergency 


BOM Weather 


 **WEB**


VicEmergency
www.emergency.vic.gov.au

Bureau of Meteorology (BOM)
<http://www.bom.gov.au>
access to localised hourly and 7-day forecasts, weather radar and warnings

CFA 
www.cfa.vic.gov.au

VIC SES 
www.ses.vic.gov.au

VicRoads website (road closures)
traffic.vicroads.vic.gov.au
 vicroads

 **TV**

SkyNews TV - 24 Hour TV Channel

 **RADIO**


ABC Local 91.1 FM

Gold Central Victoria 1071 AM and 98.3 FM


Hit 91.9 FM

Radio KLFM 96.5FM and 106.3 FM


Triple M 93.5 FM

 **PHONE**

VicEmergency Hotline
1800 226 226

 **FACEBOOK**

facebook.com/vicemergency

 **TWITTER**

[@vicemergency](https://twitter.com/vicemergency)

Know your warnings

Australian Warning System

Do not rely on an official warning to leave. Emergencies can start quickly and threaten you within minutes.

The Australian Government's Australian Warning System represents fire, flood and storm using the following symbols:

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 act 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 act immediately.

National hazard icons

FIRE



FLOOD



STORM



5. INFORMATION

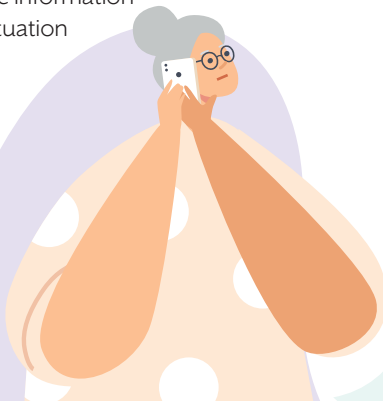
Category	Final community messaging
NO RATING	No proactive community action required
MODERATE	Plan and prepare
HIGH	Be ready to act
EXTREME	Take action now to protect life and property
CATASTROPHIC	For your survival, leave bushfire risk areas

What to do if there is a warning?

- Stay calm. Stop what you are doing and pay attention
- If you don't understand the warning, get someone to explain by asking neighbours or friends
- Follow the advice of warnings immediately. People may die or be put in danger if they do not respond right away
- Keep in contact with family members. Make sure they know what is happening and what you plan to do
- Stay informed. Keep listening to the radio for more information in case the situation changes

Australian Fire Danger Rating System

The National Fire Danger Rating System describes the potential level of danger, should a bushfire start. It provides people with information so they can take action to protect themselves and others from the potentially dangerous impacts of bushfires.



Beat the heat

During the summer months it is important to look after yourself, especially during a heatwave. Heatwaves can kill more people than any other natural disaster but they do not have to be dangerous, uncomfortable or exhausting.

A few simple and affordable improvements to your home can help keep it cool during summer:

- Add some external shading
- Stop draughts coming into your home
- Insulate internal windows with curtains and blinds

Better manage your living space by:

- Placing a thermometer in your main living space (e.g. lounge room)
- Turning on your air conditioning and/or fans when you see the temperature increase
- Zone/closing off the main living space where you spend most of your time. That way, you only have to cool one room
- Avoid running the oven and other appliances that produce heat
 - Closing the blinds and curtains and keep windows and doors closed

Keep yourself cool:

- Have a cool drink
- Stay in the shade
- Dress for the weather
- Reduce physical activity
- Go shopping before it gets too hot
- Take breaks
- Look after your pets
- If you are dizzy, nauseous, have a bad headache, lose balance, get short of breath or just feel sick call Nurse on Call, your doctor or even an ambulance

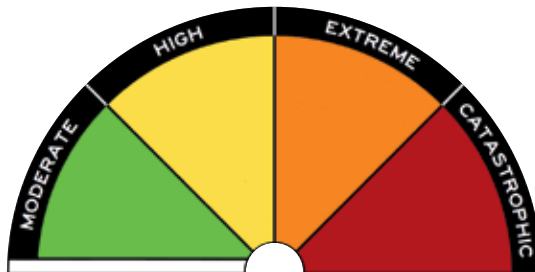
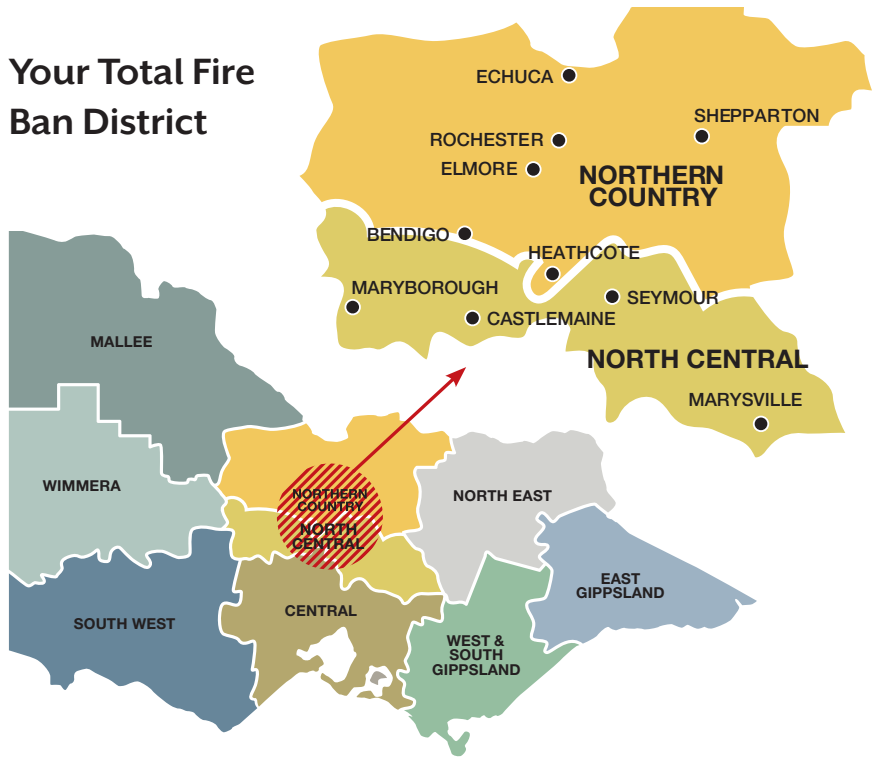
**For more information visit
www.heatwavehelp.com.au**



**Do not leave children or
pets in cars**



Your Total Fire Ban District



National Fire Danger Rating System

The Northern Victorian Emergency Management Cluster is committed to accessibility and inclusion. If you would like to read this document in an alternative format e.g. large print or text only, contact the City of Greater Bendigo on 1300 002 642 or email requests@bendigo.vic.gov.au



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