



PERSONAL SAFETY - EMERGENCY PREPAREDNESS

HOW TO BE PREPARED FOR A DISASTER (PART ONE)

It is important that you know what to do in the event of disaster. A disaster may be a natural event, such as a fire or earthquake or may be man-made, such as a terrorism incident. How quickly you are able to recover from such an event may depend on your planning and preparation.

Plan in advance what you and your family will do in a disaster situation. Develop an emergency preparedness plan and ensure all family members are aware. Consider the following emergency preparedness tips.

Establish a meeting place:

Having predetermined meeting places away from your home will save time and avoid confusion should your home be affected or the area evacuated. Have two emergency locations in opposite directions. You won't know, until an actual emergency, which direction you will need to evacuate to. You may want to make arrangements to stay with a family member or friend in case of an emergency. Be sure to include any pets in these plans, since pets may not be permitted in shelters and some hotels will not accept them.

Ask someone to be your key contact:

Your family may not be together when a disaster occurs. Plan how you will contact each other and review what you will do in different situations.

Consider a plan where each family member calls/emails the same family member or friend in the event of a disaster. Consider using a person who resides out of town/state who may be in a better position to communicate and coordinate. Ensure children have a list of phone numbers/emails with them. If the telephones are not working, please be patient and try again. Emails may still work when telephones do not.

Become familiar with school, work, day care and community emergency plans:

When planning ensure you think about the places where your family spends time. Ensure you talk with your employer and children's school about their emergency plans. Know how they will communicate with you during an emergency.

If you have any questions please contact your nearest police station or visit www.police.sa.gov.au





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HOW TO BE PREPARED FOR A DISASTER (PART TWO)

Assemble an emergency kit:

Be prepared to survive on your own for at least three days. Consider preparing two kits - one to stay where you are and one smaller, lightweight version to take with you if you have to leave.

Consider the following items:

- Water (minimum four litres per person per day) for drinking and sanitation.
- Mobile phone, charge cable and portable power banks.
- At least a three-day supply of non-perishable foods.
- Clothing suitable for your climate.
- Sleeping bags - one for each family member.
- Flashlight and extra batteries so you don't use up phone charge
- A whistle to signal for help (phone networks may not be working).
- First aid kit including necessary medication.
- Filter mask (available from hardware stores), a cotton t-shirt or towel to help filter the air.
- Wrench or pliers to turn off utilities.
- Duct tape and heavy weight garbage bags or plastic sheeting to seal windows and doors to create a barrier between yourself and potential contaminants outside.
- Family documents: drivers licence and other cards, passports, hard drives, birth certificates.
- Cash - as ATMs and tap and go may not be working.

Keep a portable battery-operated radio:

Listen to the radio and watch television for official instructions as they become available.

Be prepared to survive without electricity, phone, fuel pumps, ATMs and tap & go:

If the disaster occurs near your home while you're there, check for damage to utilities using a flashlight. Do not light matches, candles or turn on electrical switches. Check for fires, fire hazards and other household hazards. Smell for gas leaks (eg water heater). If you smell gas or suspect a leak, turn off the main gas valve, open windows and ensure everyone leaves the area.

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