

# Be Emergency Ready by planning to survive

## SURVIVAL PLAN

### EMERGENCY SURVIVAL PLAN

#### Planning and preparation is the key to survival.

If you and your home are well prepared, you stand a better chance of surviving an emergency. This guide can help you make important decisions to prepare yourself, your home and your family.




#### DISCUSS

#### What will you do in an emergency?

Get together and discuss what actions you will take.

##### ARE YOU IN A BUSHFIRE PRONE AREA?

 Find out at [www.esa.act.gov.au/bushfire-prone-areas](http://www.esa.act.gov.au/bushfire-prone-areas)

##### HOW WILL YOU MONITOR WEATHER CONDITIONS IN YOUR AREA?

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##### HOW WILL YOU MONITOR CONDITIONS WHILE TRAVELLING AWAY FROM HOME?

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##### WHAT ITEMS WILL YOU NEED TO ADD TO YOUR HOME EMERGENCY KIT IN THE CASE YOU NEED TO LEAVE URGENTLY?

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##### WHAT WILL YOU HAVE IN YOUR HOME EMERGENCY KIT?

- Ensure you have a Home Emergency Kit
- Download the Home Emergency Kit checklist from [esa.act.gov.au](http://esa.act.gov.au)



ACT Ambulance Service, ACT Fire & Rescue, ACT Rural Fire Service and the ACT State Emergency Service work together as the ACT Emergency Services Agency to keep Canberra safe.



**DURING AN EMERGENCY HOW WOULD YOU DECIDE WHEN TO LEAVE OR STAY?**



Discuss what you would do in a **bushfire**

*Bushfires have long been a part of the ACT landscape. Flammable vegetation, long, hot summers and drought have regularly combined to produce bushfires and varying size and intensity.*

LEAVE	STAY



Discuss what you would do in **extreme heat**

*The most susceptible to heat stress are the young and the elderly. People with illness, chronic conditions and pregnant women may also need more care and monitoring during hot weather.*

LEAVE	STAY



Discuss what you would do in a **storm**

*Severe storms can cause major damage. They may come with torrential rain, strong winds, large hailstones and lightning, which can cause flash flooding, unroof buildings and damage trees or power lines.*

LEAVE	STAY



Discuss what you would do in a **flood**

*Flooding can happen during intense local rainfall. If you live close to a creek, river, major storm water drains or in a low lying area, you may be at risk from floods.*

LEAVE	STAY

**WHERE WILL YOU GO IF YOU NEED TO EVACUATE?**

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**IS YOUR DESTINATION PET FRIENDLY?**

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**HOW WILL YOU TRAVEL THERE?**

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**HOW WILL YOU KNOW IT IS SAFE TO RETURN?**

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# PREPARE

**How will you prepare your home?**  
Think about the actions you can take.

## PREPARING YOUR PROPERTY

House maintenance	Who will do this	Done
Clear and maintain gutters of leaves, twigs and rubbish.		<input type="checkbox"/>
Move large woodpiles away from the house.		<input type="checkbox"/>
Trim tree branches overhanging your house.		<input type="checkbox"/>
Keep grass areas well-trimmed and watered.		<input type="checkbox"/>
Ensure underfloor areas are enclosed or screened.		<input type="checkbox"/>
Seal all gaps, vents and roof spaces.		<input type="checkbox"/>
Position gas cylinders on side of house, with vents facing away from the building, and away from trees and gardens.		<input type="checkbox"/>
Install metal fly screens on all windows and vents.		<input type="checkbox"/>
Install metal gutter guards.		<input type="checkbox"/>
Ensure you have adequate home and contents insurance. Make sure that you are covered for extreme weather situations.		<input type="checkbox"/>

## MY INSURANCE

Type	Insurer	Contact details	Policy number
Home and contents			
Health			
Car			
Life/ Income protection			
Other			



## PREPARING TO LEAVE

Before you leave	Who will do this	Done
Add final items to your Emergency Kit such as medications, prescriptions, mobile phone chargers, pet food and water for everyone.		<input type="checkbox"/>
Pack the car, remembering your most important items such as wallet, cards, keys, banking, medical and insurance documents (these should be easily accessible on a USB stick or in an expanding file).		<input type="checkbox"/>
Turn off the gas supply.		<input type="checkbox"/>
Make sure everyone is wearing protective clothing – long pants, longsleeved shirts and sturdy shoes such as leather boots. Clothes should be loose fitting and made from natural fibres such as pure wool, heavy cotton drill or denim. Do not wear synthetics.		<input type="checkbox"/>
Tell your emergency contacts that you are leaving.		<input type="checkbox"/>
Close all doors and windows and lock doors.		<input type="checkbox"/>
Leave the front or access gate unlocked, if safe to do so.		<input type="checkbox"/>
Decide on your primary destination.		<input type="checkbox"/>
Decide on your back-up destination.		<input type="checkbox"/>
Move livestock to a large, safely fenced area and put your pets in a safe place ready for loading in the car.		<input type="checkbox"/>
Pack personal items such as a change of clothing for each person and toys for children and pets and put them in the car.		<input type="checkbox"/>
If your car is behind an electric garage door, take it out of the garage and position it in the driveway facing out or on the side of the road.		<input type="checkbox"/>
Remove any material that could burn easily from around your house, on decks, verandahs and pergola areas. This includes mats and outdoor furniture.		<input type="checkbox"/>



### TIPS LEADING UP TO HIGHER FIRE DANGER DAYS

- Ensure you have enough petrol or fuel so you don't need to stop to fill up.
- Have cars facing out of the driveway.
- Remove flammable items such as boxes, doormats and furniture from decks and verandahs.



**KEEP**

### What personal information is essential?

Keep a record of all important documents and contacts.

#### MY HOUSEHOLD CONTACTS

Name	Work	Mobile

#### HOUSEHOLD PERSONAL INFORMATION

Name	Medicare No.	Centerlink no.	Passport No.	Tax file no.	Driver Licence No.	Car Registration

#### HOUSEHOLD SERVICES

Type	Company	Account / Member no.	Contact details
Electricity			
Gas			
Water			
Phone			
Internet			
Roadside assistance			
Other			



## MY SUPPORT NETWORK

Location	Name	Relationship	Phone	Address
Local				
Local				
Local				
Out-of-town				
Out-of-town				
Other				

## ALTERNATIVE PLACES TO STAY IN AN EMERGENCY

Name	Phone	Address

## MY ANIMALS

Name	Breed	Microchip No.	Vet / kennel contact	Emergency Safe place	Equipment required



### TIP

In planning for emergencies you'll also need to think about your pets and animals and what they would need over the course of a week or more, including food, identification, medication, transport and accommodation.

## MY MEDICAL SUPPORT

Practitioner/ Service	Name	Phone	Out of Hours contact	Address
Doctor				
Local Hospital with Emergency Department				
Chemist				
Optometrist				
Dentist				
Specialist				
Other				



### TIP

Consider getting a medical alert system that can easily call for help if you are immobilised in an emergency. Most alert systems require a working phone line, so have a back-up plan, such as a mobile phone or pager, in case landlines are disrupted.

## MY MEDICAL SUPPLIES

Write down below any medication you are currently taking.

Remember to attach copies of concession cards, health insurance cards and prescriptions to this plan. Copies of prescriptions can be left with your chemist for safe keeping. You may also want to identify where you keep the medication in your home in case you have to evacuate quickly or someone needs to get it for you.

Medical condition	Medication / equipment	Dosage / Times taken	Prescribing Doctor (include contact number)	Location of medication in home



### TIP

Plan to have all the things you'd need with you for a week or two. This includes any medications you take regularly or specialised equipment (wheelchair, glasses, hearing aid) and supplies (patch kit for a wheelchair tyre or extra batteries).

See 'Home Emergency Kit' checklist for more information about packing a survival and recovery kit.

## MY NEIGHBOURS

Name	Work	Mobile

## OTHER IMPORTANT NUMBERS

Name	Work	Mobile

## EMERGENCY ASSISTANCE

<b>Police, Fire, Ambulance</b> 000	<b>Storm and flood</b>	132 500
	<b>Poisons information Line</b>	12 11 26

## EMERGENCY INFORMATION

<b>Website</b>	esa.act.gov.au	<b>Access Canberra</b>	13 22 81
<b>Facebook</b>	@actemergencyservicesagency	<b>Live Traffic</b>	livetraffic.com
<b>Twitter</b>	@ACT_ESA	<b>Local Radio</b>	What is your local radio station frequency?

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