

Prepare your household emergency kit

Your household emergency kit should contain items you will need if you are isolated in your home following an emergency, or if power or water are disrupted for several days.

Common health problems after a disaster include injuries, infected wounds and heat stress (including sunburn and dehydration). These can occur if people don't take care of their own health and safety while cleaning up their homes and neighbourhoods.

Disasters can also increase the risk of gastrointestinal problems. Communities may lose power after a disaster, resulting in unrefrigerated food, untreated drinking water, or complete loss of water supply.



Essential items for your household emergency kit:

- Food and water for at least three days link to pantry list
- non-perishable food: canned, bottled or dried
- can opener, plates, cups, utensils
- cooking gear (e.g. barbecue or portable stove, to boil water for drinking or preparing baby formula)
- at least 2.5 to 3 litres a day of safe drinking water for each person in your household to avoid dehydration.

You will need more safe water for drinking if you:

- are doing manual labour
- live in a hot climate
- are pregnant or breastfeeding, or
- require more water than normal to stay hydrated due to a medical condition.

You will also need more safe water for these uses:

- preparing food and cooking
- hand washing (if you do not have hand sanitiser in your emergency kit)
- bathing infants
- washing dishes.

- Medical supplies and personal hygiene
- first aid kit*
- immunisation records
- toilet paper
- soap, toothpaste, toothbrush and shampoo.

* For information on first aid and what to include in a kit, go to: www.ambulance.qld.gov.au/firstaid/hints.asp

- Personal protection (for cleaning up safely)
- gloves
- masks
- sturdy shoes
- waterproof jacket
- hat
- sunglasses
- safety glasses
- hand gel
- sunscreen
- mosquito repellent.

- Cleaning supplies
 - household cleaners and/or bleach
 - broom
 - mop
 - buckets (these can also be used to collect rain water).
- Extra items to include when a storm or cyclone is imminent
 - a limited amount of fresh food that doesn't need to be in the fridge (e.g. fruit, vegetables, bread)
 - essential medications for at least seven days
 - prescriptions
 - Medicare card, health care card
 - Esky filled with ice.

Storing water in containers

Unopened, commercially bottled water is the safest and most reliable emergency water supply. Food-grade water storage containers, such as those found at camping shops or department stores, can also be used to store safe drinking water. Before filling, wash the storage container with dishwashing liquid and water, and rinse well with safe drinking water.

Avoid using the following containers to store safe water:

- containers that cannot be sealed tightly
- containers that can break, such as glass bottles
- containers that have ever been used for any toxic solid or liquid chemicals (includes old bleach containers)
- plastic or cardboard bottles and containers used for milk or fruit juices.

For proper water storage:

- label container as 'drinking water' and include storage date
- replace stored water that is not commercially bottled every six months
- keep stored water in a place with a fairly constant cool temperature
- do not store water containers in direct sunlight
- do not store water containers in areas where toxic substances such as petrol or pesticides are present.

For a full checklist of what you should include in a household emergency kit, visit:

www.emergency.qld.gov.au/emq/css/householdplan.asp

If you use a generator for power after a disaster, do not use it in an enclosed area, or you may be suffocated.



Further information

For further information to help you before, during and after a natural disaster:

- view Queensland Health's fact sheets at www.health.qld.gov.au/healthieryou/disaster
- view Emergency Management Queensland at www.emergency.qld.gov.au/emq/css/beprepared.asp
- contact your nearest Queensland Health public health unit.

Queensland Health public health units:

Brisbane North	Tel: 3624 1111	Darling Downs	Tel: 4631 9888	Mount Isa and Gulf	Tel: 4744 9100
Brisbane South	Tel: 3000 9148	Gold Coast	Tel: 5668 3700	South West	Tel: 4656 8100
Bundaberg	Tel: 4150 2780	Hervey Bay	Tel: 4184 1800	Sunshine Coast	Tel: 5409 6600
Cairns	Tel: 4226 5555	Logan	Tel: 3412 2989	Townsville	Tel: 4753 9000
Central Queensland	Tel: 4920 6989	Mackay	Tel: 4911 0400	West Moreton	Tel: 3413 1200
Central West	Tel: 4652 6000	Moreton Bay	Tel: 3142 1800		