

# Prepare your household evacuation kit

Before or after a disaster, you may need to evacuate—either voluntarily, or on the authority of disaster personnel. If you are asked to evacuate, it is because your health and safety may be at risk.

You should identify a safe place to evacuate to, especially if a storm surge or floods are threatening your local area. Family or friends who live further inland and on higher ground are the best option.

Authorities may set up an emergency shelter where people can take refuge while the emergency passes, if they don't feel safe in their own home. These shelters are usually activated just before an emergency (such as a cyclone), once authorities can determine the safest location. These shelters only offer very basic support and tend to be crowded and noisy.

After a disaster, authorities may set up evacuation or recovery centres, where people can stay for a few days or weeks if they can't return to their home straight away. These centres may offer food and water, as well as shelter.

Whether you evacuate before or after a disaster, you will need a household evacuation kit to get you and your family through at least three days away from home.

Your household evacuation kit should contain essential items from your household emergency kit as well as other items you will need if you are evacuated from your home, such as changes of clothing and personal documents.



## Essential items for your household evacuation kit:

- Food and water for at least three days
  - non-perishable food: canned, bottled or dried
  - can opener, plates, cups, utensils
  - cooking gear (e.g. barbecue or portable stove)
  - 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](http://www.ambulance.qld.gov.au/firstaid/hints.asp)

- Extra items to include when a storm or cyclone is imminent
  - essential medications for at least seven days
  - prescriptions
  - Medicare card, health care card.

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

[www.emergency.qld.gov.au/emq/css/evacplanning.asp](http://www.emergency.qld.gov.au/emq/css/evacplanning.asp)

**When you evacuate, do not walk or drive through floodwaters.**



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## Further information:

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

**For further information, contact your nearest Queensland Health public health unit:**

Brisbane North      Tel: 3624 1111  
Brisbane South      Tel: 3000 9148  
Bundaberg            Tel: 4150 2780  
Cairns                Tel: 4226 5555  
Central Queensland   Tel: 4920 6989  
Central West         Tel: 4652 6000

Darling Downs      Tel: 4631 9888  
Gold Coast            Tel: 5668 3700  
Hervey Bay            Tel: 4184 1800  
Logan                 Tel: 3412 2989  
Mackay                Tel: 4911 0400  
Moreton Bay         Tel: 3142 1800

Mount Isa and Gulf   Tel: 4744 9100  
South West            Tel: 4656 8100  
Sunshine Coast      Tel: 5409 6600  
Townsville            Tel: 4753 9000  
West Moreton         Tel: 3413 1200