

# Emergency Kit

When emergencies happen, it's important you and your family have everything you need to stay healthy.



## Consider adding these items to your emergency kit:



### Medications:

A 7-day supply of all medication, from prescription to basic over-the-counter. This may include pain relief and allergy medications.

### First aid supplies:

A basic first aid kit that includes bandages, antibiotic ointment, gauze pads, scissors, tweezers, and a first aid manual.



### Medical supplies

(personal to your needs):

This may include a thermometer, blood pressure monitor, CPAP machine or mobility aids and parts. Diabetics should include testers, strips, and insulin.

### Sanitation supplies

(to keep things clean):

Hand sanitiser, bleach, water purification tablets, or other sanitation supplies.

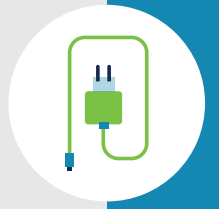


### Documents:

Prescriptions, Medicare card, medical history, and healthcare contacts.

### Power:

Enough batteries or chargers for medical devices.



### Protective gear:

A face mask for everyone, especially those more vulnerable.

### Storing your kit:

Place it in a cool, dry spot, safe from pests and water. Ensure everyone in your home knows where it is and how to use it.

### Maintaining your kit:

Replace expired items. Personalise your kit to meet the needs of your family members.

Visit [Get Ready Queensland](#) to learn more about how to prepare for extreme weather



Queensland Government