




Protect your health this disaster season



Know your healthcare options



Make an emergency plan



Pack a kit that supports your health needs

Taking your health needs into consideration when preparing for a natural disaster means you will be better equipped to stay safe and maintain your wellbeing during and after an emergency.

Know your risk

Learn about natural disasters that affect your region and how they could impact your daily life, your household and your community.

Stay informed via the local council disaster dashboard on the Get Ready Queensland website.

Know your healthcare options

- ✓ Find your closest healthcare service
- ✓ Call 13 HEALTH (13 43 25 84) to speak with a registered nurse 24/7
- ✓ Contact the Virtual Emergency Care Service (VECS)
- ✓ Consider going to a Medicare urgent care clinic
- ✓ Go to a satellite health centre
- ✓ If you're feeling unwell, use the Health Direct Symptom Checker to work out which healthcare option is most suitable healthdirect.gov.au/symptom-checker

If you have **life threatening** symptoms, **call 000 for emergency services**

Make a plan

- ✓ Prepare an emergency kit and household plan.
- ✓ Check in on older people, neighbours, or others who may need extra support.
- ✓ Use the medical device planning guide on what to do during power outages.
- ✓ Tailor your emergency plan if you live with disability or special health needs.
- ✓ Plan food and nutrition for children before evacuating.
- ✓ Only clean up if you are physically able and it is safe.



For planning guides and resources: health.qld.gov.au/public-health/disaster/public-health-advice/get-ready

Pack a kit

Having an emergency kit prepared in advance ensures you have the essentials if you lose power or you cannot access supplies. When packing your kit, remember to include items that support your personal health needs so you can stay safe and well during a disaster.

Essential information

- ✓ Emergency contact list (GP, doctor, support person/service, friends, family)
- ✓ Personal documents backed up to a USB (Medical records, Medicare card, prescriptions)

Medications and health supplies

- ✓ At least a 7-day supply of medication
- ✓ Keep prescriptions in waterproof containers
- ✓ Supplies to support your personal health needs (diabetes supplies, asthma puffer, epi-pen, hearing aids, blood pressure monitor)

Assistance equipment


- ✓ Mobility aid
- ✓ Tyre repair kit
- ✓ Assistance animal supplies
- ✓ Assistive communication device

Protective and first aid items

- ✓ First aid kit (band aids, wipes, antiseptic creams, bandages, paracetamol, electrolytes, antihistamines, epi-pen, tweezers, scissors, etc.)
- ✓ Personal hygiene items (incontinence pads, sanitary products, toilet paper)
- ✓ Hand sanitiser or soap
- ✓ Face mask and gloves
- ✓ Heat pack and/or cold pack

Look after your mental health

Looking after your mental health is just as important as your physical health during a natural disaster. Stressful events can affect your mental wellbeing, so make sure you know where to get support if needed.

- ✓ Find mental health support after a natural disaster: beyondblue.org.au
- ✓ Phone 1300 MH CALL (1300 642 255)
- ✓ Search  for family and children support.

For more information

For further information on preparing and protecting your health during disaster season, visit: <https://www.health.qld.gov.au/public-health/disaster/public-health-advice/get-ready>

