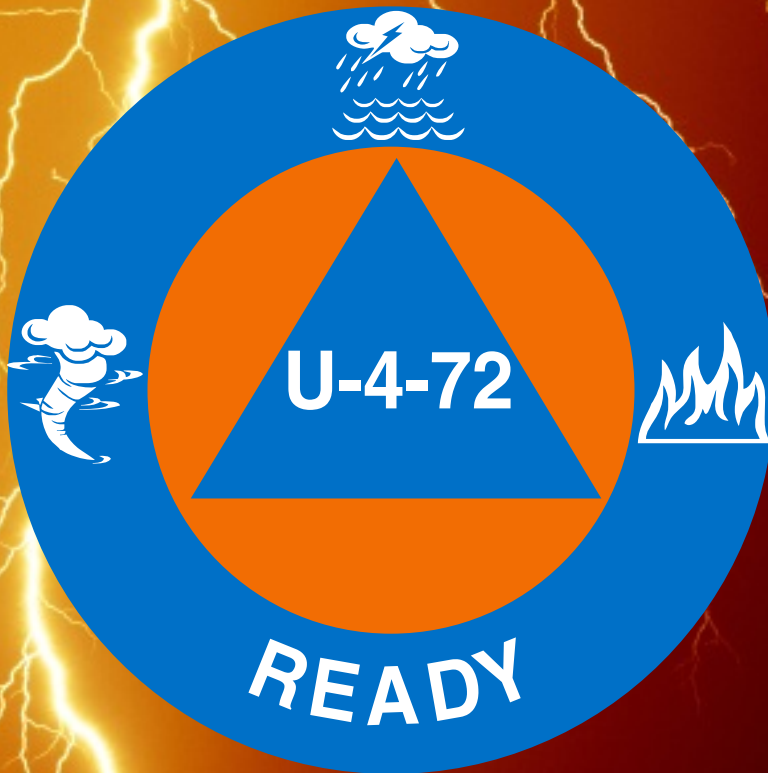




EMERGENCY READY GUIDE

TO BE READY
Join U-4-72

www.bunbury.wa.gov.au





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HOW TO GET READY

1. Learn about the disasters that can affect you
2. Create and practice an emergency *Ready Plan*
3. Assemble and maintain emergency survival items at home for your *Ready Stay Kit*
4. Have a *Ready Go Kit* in case you have to leave in a hurry

GET READY NOW SO YOU ARE READY TO STAY OR READY TO GO

Disasters such as floods, storms, fire, earthquakes and tsunamis can strike at any time, sometimes without warning. All disasters have the potential to cause disruption, damage property and take lives.

Also if electricity, water and transport are cut off it could be difficult to cope if you are not prepared.

Get Ready now to protect yourself, your family, home, business and community.

Ready Checklist

Overview/general checklist for all disasters

- Is your insurance policy up to date?
- Review your insurance policy details to ensure you are fully insured – many people discover after an emergency they are under-insured
- Have you completed your Ready Plan? See information on page 24 for more details
- Are household members aware of the Ready Plan and where it is kept?
- Have a mock evacuation to practice your Ready Plan
- Are neighbours, family and friends aware of your Plan?
- Do you have emergency phone numbers near your phone?
- Have you prepared your Ready Kit/s?

See information of page 3 for more details.

- Share your Ready Plan with others to spread the word about everyone being prepared for emergencies

When you have completed all of this you will be well prepared for an emergency.

EMERGENCY PLANNING

READY PLAN

Plan to look after yourself and your loved ones for at least 3 days (72hrs) or more

Many disasters will affect essential services and possibly disrupt your ability to travel or communicate with each other. You may be confined to your home, or forced to evacuate your neighbourhood. In the immediate aftermath of a disaster, emergency services will not be able to get help to everyone as quickly as needed.

This is when you are likely to be most vulnerable. So it is important to plan to look after yourself and your loved ones for at least three days (72 hours) or more in the event of a disaster.

Get your family or household together and agree on a plan. An emergency *Ready Plan* can help you respond safely and quickly when a disaster happens. Make a start on your *Ready Plan*. Get a copy of an emergency *Ready Plan* and checklist from the City of Bunbury, or download a copy from www.bunbury.wa.gov.au

A household emergency plan will help you work out:

- 1 What to do in the event of disasters such as an earthquake, tsunami, fire, flood or storm
- 2 How and where you will meet up during and after a disaster
- 3 Where to store emergency survival items and who will be responsible for maintaining supplies

- 4 What you will each need to have in your Ready Kits and where to keep them
- 5 What you need to do for members of the household, family or community with a disability or special need
- 6 What you will need to do for your pets, domestic animals or livestock
- 7 How and when to turn off the water, electricity and gas at the main isolation points in your home or business
- 8 What local radio stations to tune into for emergency information during an event

First Aid

It is extremely valuable to learn first aid because you can help people straight away if they are injured. See your local St John or other first aid trainers and book yourself in for a first aid course.

Talking to children about disasters

Parents and caregivers should consider talking to children about the disasters that could happen in your community and what to do to keep safe. This can help to reduce fear and anxiety and helps everyone know how to respond.

Insurance

Make sure your insurance cover is adequate and up to date and that important documents can easily be gathered if you have to evacuate. We suggest you keep copies in your *Ready Kit*.

EMERGENCY READINESS

READY KITS - *Ready Stay*

In most emergencies you should be able to stay in your home. Plan to look after yourself and your household for at least three days (72 hours) or more. Get your survival items together and keep them in a safe place in your home. You could also have essential emergency items in your workplace and in your car.

Emergency survival items for home

- 1 Torch and radio with spare batteries –the hand cranked dynamo torch and radio is a great survival item because it will also charge your mobile phone
- 2 Wind and waterproof clothing, hats, and strong outdoor shoes
- 3 First aid kit and essential medicines you require
- 4 Blankets or sleeping bags
- 5 Pet supplies
- 6 Toilet paper and large rubbish bags for your emergency toilet
- 7 Face and dust masks
- 8 Landline phone that is not powerpoint dependent

Check all batteries every three months. Battery powered lighting is the safest and easiest. Do not use candles as they can tip over in earthquake aftershocks or in a gust of wind. Do not use kerosene lamps, which require a great deal of ventilation and are not designed for indoor use.

Food and water for at least three days

- 1 Non-perishable food (canned or dried food)
- 2 Water (at least 3 litres per person per day) for drinking, Many international agencies recommend that we have at least a 2 week emergency water supply on hand at all times
- 3 Water for washing and cooking
- 4 A primus or gas barbeque to cook on
- 5 A can opener

Check and replace food and water every twelve months. Consider stocking a two week supply of food and water for prolonged emergencies such as a pandemic.

STORING WATER

Household water supplies, including drinking water, could be affected in a disaster so having a supply of stored water is very important. You need at least three litres of drinking water for each person each day. You will also need water for washing and cooking.

You can buy bottled water or prepare your own containers of water. Purchase food-grade water storage containers from camping or hardware stores or recycle plastic soft drink bottles. Do not use milk containers as they contain bacteria that cannot be washed off.

Instructions for safely storing water

- 1 Wash bottles thoroughly in hot water
- 2 Fill each bottle with tap water until it overflows
- 3 Label each bottle with dates showing when the bottles were filled and when they need to be refilled. Department of Health recommend this is done regularly
- 4 Check the bottles regularly. If the water is not clear, throw it out and refill cleaned bottles with clean water
- 5 Store bottles away from direct sunlight in a cool dark place. Keep them in two separate places and where there is not likely to be flooding

By adding water treatment tablets (e.g. Micropur available at pharmacy, sporting and camping goods stores) in recommended doses, water can be stored for extended lengths of time.

Your hot water storage and toilet cistern are valuable sources of water in an emergency. If you are uncertain about the quality of



water, e.g. from a well that has been flooded, or if it might have been contaminated by smoke or debris, do not drink it.

Stored water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers several times.

EMERGENCY READINESS

READY KITS

Ready **GO**

In some emergencies you may need to evacuate in a hurry. Everyone should have a packed *Ready Kit* in an easily to find place at home and at work. The items in the list below can be stored in a packback. You can quickly put the backpack on and keep moving.

- 1 Torch/radio with spare batteries
- 2 Personal special needs (hearing aids , glasses or mobility aids)
- 3 **Emergency water-** Remember water is heavy to carry. A minimum of 2 litre per day per person is survival rations. For your 72 hour escape 2 litres per person per day will get you through, just! The more activity you are engaged in the more water you will need
- 4 Easy-to-carry food rations such as energy bars and dried foods. Life boat rations are ideal. They give you plenty of energy and don't make you thirsty. If you have any special dietary requirements, ensure you have extra supplies
- 5 First aid kit and personnel essential medicines
- 6 Toiletries – sanitary items, toilet paper, hand sanitiser, (Wet Ones cover a multitude of uses)
- 7 Emergency Space bag
- 8 Dust/face masks & gloves
- 9 Change of clothes (wind/waterproof clothing and strong outdoor shoes)

- 10 Important documents - identification (birth and marriage certificates, driver's licenses and passports), financial documents (e.g. insurance policies, Medicare/private health cover info and mortgage information), and precious family photos. These could all be copied/scanned and saved down to a computer external memory stick
- 11 Notebook and pencil
- 12 Pack of playing cards
- 13 Utility tool/pocket knife
- 14 **Don't forget your wallet/purse and mobile phone with charger**

If you have pets or babies-

- 15 Essential items for infants or young children
- 16 Pet supplies

Contact the U-4-72 team at Community Safety and Emergency Management at the City of Bunbury to purchase your Ready GO kit.

HAVE A READY CAR

Plan ahead for what you will do if you are in your car when a disaster strikes. In some emergencies you may be stranded in your vehicle for some time. A flood, storm, bushfire or major traffic accident could make it impossible to move.

- 1 Consider having essential emergency survival items in your car
- 2 Store a pair of walking shoes, waterproof jacket, essential medicines, snack food, water and a torch in your car

When planning travel, keep up-to-date with weather and road information

EVACUATION

In some situations you may be forced to evacuate your home, office, school or neighbourhood at short notice.

Before an evacuation

- 1 Find out about your community's warning systems
- 2 Consider your transportation options in case you have to evacuate. If you do not own or drive a car, make plans with friend, family or support agencies
- 3 Know which local radio stations to listen to during an event for announcements from your local emergency management officials
- 4 Discuss your evacuation *Ready Plans* with everyone in the household
- 5 Make evacuation arrangements with friends or relatives
- 6 Know the evacuation routes you could take and plan several evacuation routes in case roads are damaged or blocked
- 7 Know where the Emergency Welfare Evacuation Centre locations are in your community
- 8 If you have pets, domestic animals or livestock, include them in your emergency Ready Plans
- 9 If there is a possibility of an evacuation, fill your car's fuel tank. Keep in mind that if there are power cuts, fuel stations may not be able to operate pumps

If you are in an area that is being evacuated

- 1 Listen to local radio stations as emergency management officials will be broadcasting the most appropriate advice for your community and situation including safe routes to take. Also check Department of Fire and Emergency Services and other relevant websites
- 2 Evacuate quickly if told to do so by authorities. Take your *Ready GO Kit* with you. If you are outside the evacuation zone when a warning is issued, do not go into an at-risk area to collect your belongings
- 3 If there is time, secure your home as you normally would when leaving for an extended period
- 4 Turn off electricity and water at the mains if there is time
- 5 Take your pets with you when you leave if you can safely do so
- 6 Use travel routes specified by local authorities. Some areas may be impassable or dangerous so avoid shortcuts. Do not drive through moving water. If you come upon a barrier, follow posted detour signs
- 7 Remember you may not be allowed to return for some time until the area is safe

PEOPLE WITH SPECIAL NEEDS

If you, or a member of your household or community has a disability or any special requirement that may affect the ability to cope in a disaster, make arrangements now to get the needed support.

Build a Personal Support Network

- Organise a personal support network of a minimum of three people to alert you to warnings, or to help if you need to be evacuated. This could be family members, carers, friends, neighbours or co-workers
 - Ensure you have an emergency Ready Plan before a disaster happens and practice it with your support network. Plan for various disasters and situations you could encounter
 - Discuss your needs with the support network and make sure everyone knows how to operate necessary equipment.
 - Inform your support team if you are travelling or away from home
- 2 Ensure you have a carry box, towel or blanket, emergency food, and a lead and muzzle as part of your pet's emergency **Ready GO Kit**. Put your name, phone number and address on the box
 - 3 In the event of an evacuation take your pets with you if you can safely do so. Take copies of their vaccination records and essential medications with you as this will help your pet be re-housed if necessary
 - 4 If you have domestic animals (such as horses, pigs or poultry) or livestock, know where there is a safe place to move them away from emergency. In the event of an evacuation, ensure you have a plan in place so that they will be secure and have food, water and shelter. The responsibility for animal welfare remains with the owner

You also must;

- 1 Make sure you have emergency survival items, including any specialised items you need, and a **Ready GO Kit** in case of evacuation
- 2 Keep at least seven days' supply of your essential medications and make provisions for those that require refrigeration

PETS AND LIVESTOCK

If you have pets, domestic animals or livestock, include them in your emergency planning.

8

- 1 Attach a permanent disc to your pet's collar that clearly states your phone



In Australia, an earthquake of Richter magnitude 5.5 (ie: almost that of the Newcastle event in 1989) occurs every 15 months on average. The 1989 Newcastle Earthquake has been Australia's most damaging earthquake with 13 fatalities and insured damage of \$1,124 million.

Most earthquake-related injuries and deaths result from falling debris, flying glass and collapsing structures such as buildings and bridges. Earthquakes can also trigger landslides, avalanches, flash floods, fires and tsunamis.

Before an earthquake

- 1 Develop your emergency *Ready Plan*. Assemble and maintain your emergency survival items for your home and workplace, as well as a portable *Ready Go Kit*
- 2 Identify safe places within your home, school or workplace. A safe place is:
 - somewhere close to you, no more than a few steps or less than three metres away, to avoid injury from flying debris
 - under a strong table (hold on to the table legs to keep it from moving away from you)
 - next to an interior wall, away from windows and tall furniture that can fall on you (protect your head and neck with your arms)
 - Keep in mind that in modern homes, doorways are no stronger than any other part of the structure and usually have doors that can swing and injure you

- 3 Check your household insurance policy for cover and amount.
- 4 Secure heavy items of furniture to the floor or wall.

During an earthquake

- 1 If you are **inside** a building, move no more than a few steps, drop, cover and hold. Stay indoors till the shaking stops and you are sure it is safe to exit. In most buildings in Australia you are safer if you stay where you are until the shaking stops
- 2 If you are **in an elevator**, drop, cover and hold. When the shaking stops, try and get out at the nearest floor if you can safely do so
- 3 If you are **outside**, move away from buildings, trees, streetlights and power lines, then drop, cover and hold
- 4 If you are at the **beach or near the coast**, drop, cover and hold then move to higher ground immediately in case a tsunami follows the quake
- 5 If you are **driving**, pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking stops. Once the shaking stops proceed with caution and avoid bridges or ramps that might have been damaged



EARTHQUAKE



After an earthquake

- 1 Listen to your local radio stations as authorities will be broadcasting the most appropriate advice for our community and situation
- 2 Expect to feel aftershocks

- 3 Check yourself for injuries and get first aid if necessary. Help others if you can.
- 4 Be aware that electricity supply could be cut, and fire alarms and sprinkler systems can go off in buildings during an earthquake even if there is no fire. Check for, and extinguish, small fires.
- 5 If you are in a damaged building, try to get outside and find a safe, open place. **Use the stairs**, not the elevators
- 6 Watch out for fallen power lines or broken gas lines, and stay out of damaged areas
- 7 Only use the phone for short essential calls to keep the lines clear for emergency calls
- 8 If you smell gas or hear a blowing or hissing noise, open a window, get everyone out quickly and turn off the gas if you can. If you see sparks, broken wires or evidence of electrical system damage, turn off the electricity at the main fuse box if it is safe to do so
- 9 Keep your animals under your direct control as they can become disorientated. Take measures to protect your animals from hazards, and to protect other people from your animals
- 10 If your property is damaged, take notes and photographs for insurance purposes. If you rent a property take notes and photographs for insurance purposes, contact your landlord as soon as possible



Western Australia's entire coast is at risk of tsunami. A tsunami can violently flood coastlines, causing devastating property damage, injuries and loss of life.

A tsunami is a natural phenomenon consisting of a series of waves generated when a large volume of water in the sea is rapidly displaced. A tsunami can be caused by large submarine or coastal earthquakes.

Distinct types of tsunami.

- 1 **Tsunami** are usually generated from a long way away, such as from across the Indian Ocean towards Indonesia. In this case, we will have more than three hours warning time for Bunbury.
- 2 **Local tsunamis** are generated very close. This type of tsunami is very dangerous because we may only have a few minutes warning.

Tsunami warnings

Warning messages and signals about a possible tsunami can come from several sources – natural, official or unofficial.

Natural warnings

For a local source tsunami which could arrive in minutes there won't be time for an official warning. It is important to recognise the natural warning signs and act quickly.

If you are at the coast and experience any of the following:

- 1 Feel a strong earthquake that makes it hard to stand up, or a weak rolling earthquake that lasts a minute or more
- 2 Witness an outflow of the sea as an extreme low tide

- 3 See a sudden rise or fall in sea level
- 4 Hear loud and unusual noises from the sea

Move immediately to the nearest high ground, or as far inland as you can.

Official warnings

Official warnings are only possible for distant tsunami. Official warnings are disseminated by the Dept Fire and Emergency Service to the media, local authorities and other key response agencies. ABC radio is the primary broadcaster in emergencies.

Before a Tsunami

- 1 If you live in a coastal area, ask Council Community Safety and Emergency Management about your tsunami risk and local warning arrangements
- 2 If you have a disability or special requirements, arrange with your support network to alert you of any warnings and emergency broadcasts
- 3 Develop an emergency *Ready Plan* and have a *Ready Kit* prepared
- 4 Know where the nearest high ground is and how you will reach it. Plan to get as high up or as far inland as you can. Plan your escape route for when you are at home, as well as for when you may be working or holidaying near the coast



TSUNAMI

During a tsunami

- 1 Take your *Ready GO Kit* with you if possible. Do not travel into the areas at risk to get your kit or belongings
- 2 Take your pets with you if you can do so safely
- 3 Move immediately to the nearest high ground, or as far inland as you can. Follow designated routes if advised by authorities
- 4 Walk or bike if possible and drive only if essential. If driving, keep going once you are well outside the evacuation zone to allow room for others behind you
- 5 If you cannot escape the tsunami, go to an upper storey of a sturdy building or climb onto a roof or up a tree, or grab a floating object and hang on until help arrives
- 6 Boats are usually safer in water deeper than 20 metres than if they are on the shore. Move boats out to sea only if there is time and it is safe to do so
- 7 Never go to the shore to watch for a tsunami. Stay away from at-risk areas until the official all-clear is given
- 8 Listen to your local radio stations as authorities will be broadcasting the most appropriate advice for our community and situation

After a tsunami

- 1 Continue to listen to the radio for emergency advice and do not return to the evacuation zones until authorities have given the all-clear
- 2 Be aware that there may be more than one wave and it may not be safe for up to 24 hours, or longer. The waves that follow the first one may also be bigger
- 3 Check yourself for injuries and get first aid if needed. Help others if you can
- 4 Do not go sightseeing as this causes congestion and could put other people's lives at risk if they were waiting for an ambulance or other emergency service
- 5 When re-entering homes or buildings, use extreme caution as floodwaters may have damaged buildings. Look for, and report, broken utility lines to appropriate authorities
- 6 If your property is damaged, take notes and photographs for insurance purposes. If you rent a property, contact your landlord and your contents insurance company as soon as possible



Floods are one of Australia's top hazards in terms of losses and declared emergencies. Floods can cause injury and loss of life, damage to property and infrastructure, loss of stock, and contamination of water and land.

Getting *Ready* before a flood strikes will help reduce damage to your home and business and help you survive.

Before a Flood

- 1 Find out from council if your home or business is at risk from flooding. Ask about evacuation plans and local public alerting systems; how you can reduce the risk of future flooding to your home or business; and what to do with your pets and livestock if you have to evacuate
- 2 Know where the closest high ground is and how to get there
- 3 Develop an emergency *Ready Plan*. Assemble and maintain your emergency survival items for your home as well as a portable *Ready GO Kit*
- 4 Check your insurance policy to ensure you have sufficient cover

During a flood or if a flood is imminent

- 1 Listen to the local radio stations (ABC radio being the prime emergency broadcaster) as emergency management officials will be broadcasting the most appropriate advice for your community and situation
Can also check Department of Fire and Emergency Service, Bureau of Metereology and other relevant websites.
- 2 If you have a disability or need support, make contact with your support network
- 3 Put your household emergency plan into action and check your *Ready Kit*. Be prepared to evacuate quickly if it becomes necessary
- 4 Where possible, move pets inside or to a safe place
- 5 Consider using sandbags to form a barrier to keep water away from your home
- 6 Lift valuable household items and chemicals as high above the floor as possible
- 7 Fill bathtubs, sinks and storage containers with clean water in case water becomes contaminated
- 8 Turn off utilities if told to do so by authorities as it can help prevent damage to your home or community. Unplug small appliances to avoid damage from power surges
- 9 Do not attempt to drive or walk through floodwaters unless it is absolutely essential. Many deaths in floods are attributed to people entering flood waters.



FLOOD

After a flood

- 1 It may not be safe to return home even when the floodwaters have receded. Continue to listen to your local radio station for instructions
- 2 Help others if you can, especially people who may require special assistance.
- 3 Throw away food including canned goods and water that has been contaminated by floodwater
- 4 Avoid drinking or preparing food with tap water until you are certain it is not contaminated. If in doubt, check with council or public health authority
- 5 Look for and report broken utility lines to appropriate authorities
- 6 If your property is damaged, take notes and photographs for insurance purposes. If you rent a property, contact your landlord and your contents insurance company as soon as possible



Major storms affect wide areas and can be accompanied by strong winds, heavy rain, thunder, lightning, tornadoes and rough seas. They can cause damage to property and infrastructure, disrupt essential services, and cause coastal inundation.

Severe weather watches and warnings are issued by the Bureau of Meteorology and available through the broadcast media, by email alerts, and at www.bom.gov.au

Before a storm

- 1 Develop your emergency *Ready Plan*. Assemble and maintain your emergency survival items for your home as well as *Ready GO Kit* if you have to evacuate
- 2 Prepare your property for high winds. Secure large heavy objects or remove any item which can become a deadly or damaging missile. Get your roof checked regularly to make sure it is secure. List items that may need to be secured or moved indoors when strong winds are forecast
- 3 Keep materials at hand for repairing windows, such as tarpaulins, boards and duct tape.
- 4 Clean gutters of leaves and other debris
- 5 Remove overhanging tree branches from roof and power lines if safe to do so

When a warning is issued and during a storm

- 1 Stay informed on weather updates. Listen to your local radio stations as emergency service authorities will be broadcasting the most appropriate advice for our community and situation. Check Department of Fire and Emergency Service and other relevant websites. Put your *Ready Plan* into action and check your *Ready GO Kit* in case you have to leave in a hurry
- 2 Secure, or move indoors, all items that could get blown about and cause harm in strong winds
- 3 Close windows, external and internal doors. Pull curtains and drapes over unprotected glass areas to prevent injury from shattered or flying glass
- 4 If the wind becomes destructive, stay away from doors and windows and shelter further inside the house
- 5 Water supplies can be affected so it is a good idea to store drinking water in containers and fill bathtubs and sinks with water. Have your *Ready Stay* kit checked
- 6 Don't walk around outside and avoid driving unless absolutely necessary
- 7 Power cuts are possible in severe weather. Unplug small appliances which may be affected by electrical power surges. If power is lost unplug major appliances to reduce the power surge and possible damage when power is restored
- 8 Bring pets inside. If you have to evacuate, take your pets with you



FIRE

What to do in Urban and Rural Fires

Fires should be treated similar to other emergencies and may require evacuation.

Prepare, Act, Survive

It is essential you have a plan in case you or your family are ever at risk.

Prepare, Act, Survive

is designed to help you make the right decisions, depending on your home, environment and personal circumstances. The decision to stay and protect your home, or to evacuate, is up to you in most cases. It is important that you assess your resources, preventative actions, capabilities and safety before making a decision.

If you live in a fire risk area it is imperative you seek further information about fire safety by visiting the Western Australia Department Fire and Emergency Services website or contact Community Law, Safety and Emergency Management at the City of Bunbury.

If requested by the authorities to evacuate your residence, you should follow the evacuation procedure listed in this action guide.

Follow the evacuation routes or as advised by emergency services authorities.

LATE EVACUTION IS A DEADLY OPTION

Prepare your property — before the bush fire season

- 1 Clear around your property, by raking up leaves and twigs and also remove these from roofs and guttering

- 2 Clear any overhanging trees and branches from around your home
- 3 Remove combustible materials
- 4 Ensure that a fire truck would have clear access to your property and your water
- 5 Ensure that you have appropriate fire fighting equipment
- 6 Have a fire evacuation plan and ensure everyone in your family is familiar with it. Keep this plan in a safe place
- 7 If you live in an area likely to experience bushfires, create a Bushfire Survival Plan (and review it annually) – for more details on this. see Western Australia Department Fire and Emergency Services website - www.dfes.wa.gov.au

Defend your property or evacuate early?

Defend or go early? If you decide to go early refer to the Evacuation page 7. The Western Australian Department of Fire and Emergency Services advise people should evacuate many hours before the fire is expected to arrive. Research shows most people who die in a bushfire are caught in the open or attempting to flee in cars because they left it too late. If you don't have time to evacuate safely, then sheltering inside the home may be your best option.

If you notice a bushfire

- Call **000** to advise of your situation or for a life threatening emergency.
- Decide whether you will stay or evacuate your property.



In extreme heat, your body is unable to cool itself adequately through sweating, which can lead to heat-related illness.

Be Prepared

- Drink plenty of water. If your doctor normally limits your fluids or you take fluid tablets, you may need to check how much to drink while the weather is hot
- Never leave anyone in a closed, parked car
- Keep cool and drink often to avoid dehydration
- Avoid alcohol and fizzy drinks as they increase the risk of dehydration
- Wear lightweight, loose clothing
- Avoid strenuous activities, leave these to cool periods
- Wear a hat and sunscreen outside as sunburn limits your ability to cope with heat
- Keep animals in the shade with plenty of water
- Listen for weather warnings to be aware of the worst case

Stay Alert

Heat cramps are muscle pains or spasms, usually in the stomach, arms or legs. They may occur after strenuous activity in a hot environment when the body's salt and water are depleted. They may be symptoms of heat exhaustion. Stop activity and sit in a cool place. Drink plenty of water and rest for a few hours. If there is no improvement, seek medical help.

Heat exhaustion is a serious condition that can develop into heat stroke. Symptoms may include sweating and rapid heart rate, muscle cramps or weakness, dizziness or headache, nausea or vomiting and fainting. Lie down in a cool area, remove outer clothing, drink more fluids, wet skin with cool water or cloths and seek medical advice.

Heat stroke is life threatening. It occurs when the body cannot prevent rapid temperature rises. Symptoms may be the same as for heat exhaustion but the skin may be dry (no sweating). The person's mental state worsens. They may stagger, appear confused, having a fit or collapse and become unconscious or appear to have a stroke. Call **000** for an ambulance, get the person to lie down in a cool area, remove clothing and wet skin while fanning. Position unconscious people on their side to clear their airway.



UTILITY FAILURE

In some emergencies you might be advised to stay at home. An emergency may cause you to lose power, water, sewerage or gas. You will need to plan to provide food, water, warmth and light for a period of time. See pages 4-6 for more advice on what you should have available.

In relation to power, gas and water find out where the meters and shut-off valves are.

If you rely on community support services to live in your home, you should talk to your case manager about what would happen if an emergency occurred in your area and you were left without utilities.

Electricity

- 1 To prevent carbon monoxide poisoning, use generators/small engines outdoors only
- 2 If the power is out longer than two hours, throw away food that has a temperature higher than 5 degrees celsius
- 3 You can also fill plastic ice cream containers with water, cover, label and keep in the freezer. These can help keep food cool if the power is off and can also be used for drinking
- 4 Check with local authorities to be sure your water is safe
- 5 In hot weather, stay cool and drink plenty of fluids to prevent heat-related illness
- 6 In cold weather, wear layers of clothing, which help to keep in body heat
- 7 Keep clear of fallen powerlines and keep others away. The powerlines may still be live, so you should call Western Power on 131351
- 8 Check your neighbour's house to see if they have also lost power. If your neighbour has power on, then check to see if your safety switch has been tripped
- 9 Due to the increase of risk in house fires use extreme care with candles and open flames. Torch light is far safer and recommended by all emergency services
- 10 Make sure appliances are turned off (because they could come back on when you are not there)
- 11 Don't try to connect temporary generators to household wiring. Engage a licensed electrician to do all electrical work. 'Do It Yourself' electrical work is very dangerous and illegal
- 12 If the power has been cut due to storm damage to your house, the damage to your house may need to be repaired before a licensed electrician can safely restore power



Emergency Sanitation

In some emergency situations the water supply may be cut off, or water and sewage lines may be damaged, and you may need to use improvised emergency toilets.

How to make an emergency toilet

- 1 Use watertight containers such as a rubbish bin or bucket, with a snug-fitting cover
- 2 If the container is small, keep a large container with a snug-fitting cover available for waste disposal
- 3 Line bins with plastic bags if possible. Pour or sprinkle a small amount of regular household disinfectant such as chlorine bleach into the container each time the toilet is used to reduce odour and germs. Keep the toilet covered.

Water

Water treatment

There are two ways of treating water: boiling and chemical treatment. If the supply has been made unsafe because of untreated surface water (from floods, streams, lakes) boiling is the best method.

Boiling method

- 1 Filter the water to remove as many solids as possible. Coffee filters, cheesecloth, or several layers of paper towels work well
- 2 Bring the water to a rolling boil then let boil for a full minute
- 3 Let it cool for at least 30 minutes. Water must be cool if you intend to add chlorine

Chemical Treatment using chlorine disinfection

Water may be disinfected using common household bleach containing chlorine. Look for the percentage of available chlorine on the label and use the information in the following table as a guide to disinfect the water.

The only active ingredient in the bleach should be sodium hypochlorite, and there should be no added thickeners, soaps or fragrances.

| Available chlorine | Drops per litre of clear water |
|--------------------|--------------------------------|
| 1% | 10 |
| 4-6% | 2 |
| 7-10% | 1 |

The treated water should be mixed thoroughly and allowed to stand for 30 minutes.

The water should have a slight chlorine odour. If not, repeat the dosage and allow the water to stand for an additional 15 minutes. Where the chlorine taste is objectionable in treated water, it can be made more pleasing by allowing the water to stand exposed to the air for a few hours or by pouring it several times from one clean container to another.

Do not pour water onto chlorine.

Always add chlorine to water.

Always mix chlorine in the open air.



UTILITY FAILURE

Distillation method-

- 1 Fill a pot halfway with water
- 2 Tie a cup to the handle on the pot's lid so that the cup will hang right-side up when the lid is placed upside-down on the pot (make sure the cup is not dangling in the water)
- 3 Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled

This method allows the vapour resulting from boiling water to collect in the cup. This condensed vapour will not include salts or other impurities.

Boiling water kills bacteria, viruses, and parasites that can cause illness. Treating water with chlorine bleach kills most viruses, but will probably not kill bacteria. Therefore, boiling and then adding chlorine bleach is an effective water purification method.

The only accepted measurement of chlorine is the drop. A drop is specifically measurable.

Other measures, such as "capful" or "scant teaspoon" are not uniformly measurable, and should not be used.

Water purification tablets can be purchased at a pharmacy or camping goods store, e.g. Micropur





Pandemic Flu

A pandemic is defined as a widespread outbreak of a contagious and deadly disease.

Pandemic Flu – In order for influenza "outbreaks" or epidemics to reach a pandemic status, the outbreak must be occurring worldwide, not just in a single country or continent.

A pandemic can start when three conditions have been met:

- 1 A new influenza virus emerges for which there is little or no immunity in the human population
 - 2 It infects people and begins to cause serious illness
 - 3 It spreads easily from person to person
- Neither the timing nor the severity of the next pandemic can be predicted.

Four things YOU Should Do Now and During a Pandemic

1. Be informed

- Always be informed. Listen to local radio and TV stations for information updates
- A severe pandemic may prompt the Western Australian Health Department and your local public health unit to enforce disease containment methods such as social distancing, community containment, isolation or quarantine to slow the spread of illness.

2. Practise Healthy Hygiene

- Stay home from work, school and errands when you are sick, and don't send your children to day care or school if they are sick.
- Wash your hands frequently for at least 20 seconds with warm water and soap or use a waterless hand sanitiser.
- Cover your mouth and nose when coughing or sneezing with tissues or the inside of your elbow.
- Avoid close contact with people who are sick. If caring for individuals who are sick, take appropriate precautions. Don't share utensils, dishes, glasses, etc. Clean and sanitise common-use items, such as handrails, telephones, door knobs, table surfaces, etc.
- Avoid being near others when you are sick. If this is not possible, remain at least three feet from others if you're sick.





PANDEMIC

3. Plan Ahead

It is estimated that 30 percent of Australians may become ill from the next pandemic.

In a pandemic we may experience:

- 1 Workplace, school and day care closures.
 - Talk to your employer about alternative company procedures and when such steps might be taken in a pandemic
 - Ask your employer if you can work from home during a flu pandemic.
 - Check with your employer about leave and closure policies and prepare yourself for reductions or loss of income
 - Make alternate arrangements with friends or family members to care for children in the event of school or day care closures
 - Plan learning and recreational activities that your children can do at home in place of going to friends or being around large groups of people
- 2 Worship service and community event cancellations
- 3 Food shortages at supermarkets.
- 4 Outages of electricity and water
- 5 Services disrupted from banks, government offices, post offices and telephone companies
- 6 Possible delays in medical treatment at hospitals and clinics
- 7 Medical facilities may be overwhelmed, resulting in the need for in-home care for family members or loved ones for extended periods of time

4. Have an up-to-date Ready Kit

see page 4-6

Caring for someone ill:

Rest in bed- Rest helps restore energy and strengthens the immune system, helping fight the illness and speed recovery.

Drink plenty of fluids- Preventing dehydration is one of the most important things you can do to treat influenza. To prevent dehydration you can buy electrolyte drinks (sports drinks) at the pharmacy or grocery store or make your own.

Control fever- Stock a generous supply of medications such as paracetamol or ibuprofen. Keeping a fever low helps a loved one feel better and reduces the risk of dehydration.

Keep a record of vital signs- A record of temperature, blood pressure and pulse, along with general observations regarding breathing difficulties, bathroom trips and fluid intake, can be helpful as you care for a loved one.

For up to date information, see refer WA Department of Health
http://www.public.health.wa.gov.au/2/38/2/pandemic_influenza__health_providers.pm

WHO TO CONTACT

The City of Bunbury Council collaborate with emergency services (Police, Fire, Ambulance,) and other relevant agencies to plan for, and respond to disaster events. This is achieved through the Local Emergency Management Committee (LEMC) that is very active in Bunbury.

Contact the Community Safety and Emergency Management office at Council for information on local hazards and community response arrangements at www.bunbury.wa.gov.au .

During a disaster event telephone lines need to be kept clear for emergency calls to get through so please avoid making calls unless absolutely urgent.

If life or property is threatened always dial 000 for Police, Fire or Ambulance.

RADIO STATIONS TO LISTEN TOO

The following radio networks work collaboratively with emergency management authorities to broadcast important information and advice in an emergency.

| | | |
|---|-------------|--------|
| 1 | Local ABC - | 684AM |
| 2 | RadioWest - | 963AM |
| 3 | Hot FM - | 95.7FM |

Ensure you have a battery operated or wind up radio. In an emergency find, and tune into, these local radio stations as they will broadcast official information that is appropriate for our community and situation. Record the bandwidth for your local stations in your emergency Ready Plan.





EMERGENCY Ready Plan
My important numbers

POLICE FIRE AMBULANCE: 000
(112 FROM MOBILE)

POISONS INFORMATION LINE: 13 11 26

SES:

DOCTOR:

DENTIST:

GAS:

ELECTRICITY:

WATER:

TEL CO:

CRIMESTOPPERS:

OUT-OF-TOWN CONTACT:

Household Numbers

NAME

WORK/SCHOOL

MOBILE

Neighbours' Numbers

NAME

WORK/SCHOOL

MOBILE

Other Numbers

COUNCIL:

INSURER:

BANK:

ROADSIDE ASSISTANCE:



IT'S EASY TO BE READY

Join U-4-72

www.bunbury.wa.gov.au

Emergency Ready U-4-72 Project proudly sponsored by :

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