EMERGENCIES HAPPEN:
PROTECT WHAT MATTERS MOST



Your Emergency
RediPlan

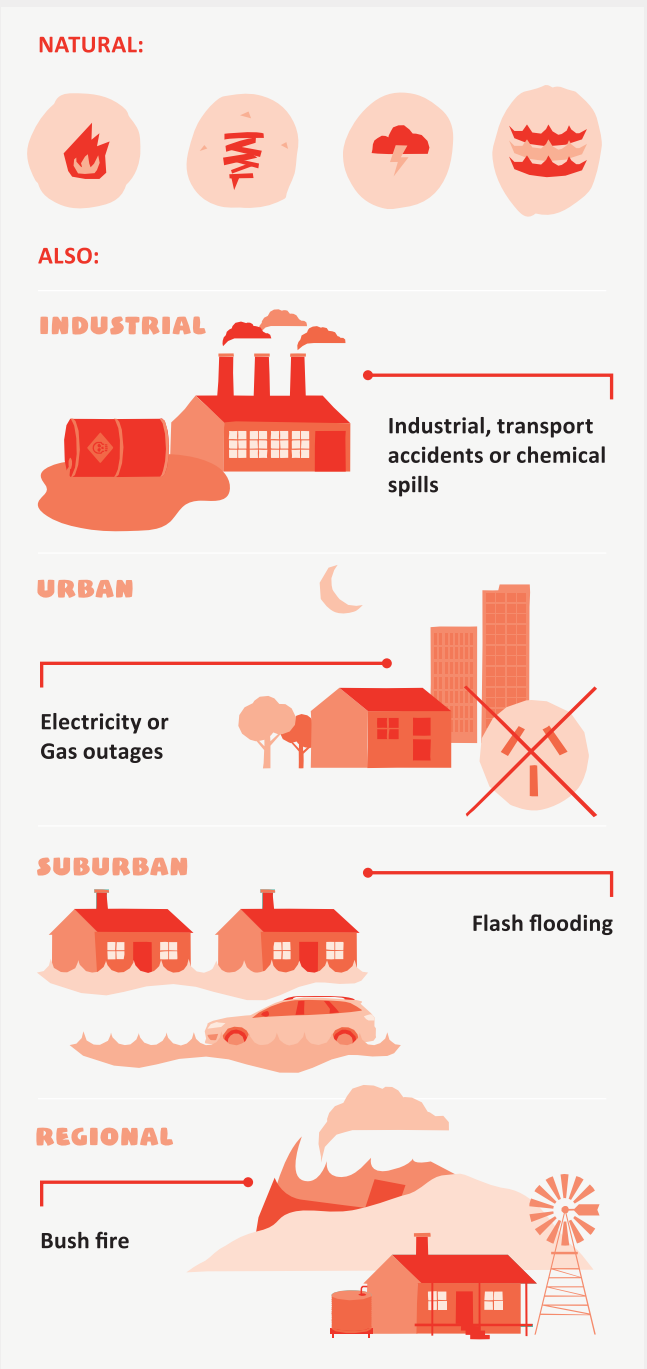
redcross.org.au/prepare

Australian Red Cross

PREPARE FOR WHAT LIFE THROWS AT YOU, BIG OR SMALL

Emergencies don't just include major natural disasters like bushfires, earthquakes or floods. A fall in the home that results in an unexpected hospital stay, a car accident, or serious illness can also cause significant disruption and add stress to your life.

You can reduce the impact of emergencies, big and small, by being prepared.



RED CROSS EMERGENCY REDIPLAN

Red Cross has been helping people prepare for, cope with and recover from emergencies since 1914.

Emergency RediPlan is an award winning and internationally recognised disaster preparedness guide, designed to assist individuals and households create their own personalised emergency plan and prepare themselves for the longer-term psychosocial impacts of an emergency.

Red Cross supports people to be better prepared, better connected and more resilient to the psychosocial impacts of emergencies. We recognise that the impacts of emergencies extend beyond the physical, to people's psychological and social wellbeing. In all of our preparedness activities, Red Cross takes a non-hazard specific approach, meaning that we help individuals and communities to prepare for any type of emergency — natural or man-made, big or small. Our work has been designed to complement the work of other emergency services agencies, such as fire and rescue.

To learn more about preparing for an emergency or to complete an online version of RediPlan visit **redcross.org.au/prepare**

Your Emergency RediPlan has been proudly supported by
Land Rover, Medibank Private and the First National Foundation.

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EMERGENCIES DON'T DISCRIMINATE

1 IN 3 AUSTRALIANS



One in three Australians will experience an emergency or the threat of an emergency in their lifetime.[1]

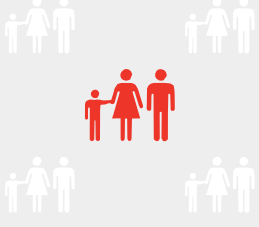
65% EXPERIENCE TRAUMA



65 per cent of people will experience a traumatic event in their lifetimes.[2]

(vehicle accident, violent assault, workplace accident)

MORE THAN 1 IN 5



More than one in five families will be impacted by an insurable event in their working lives.[3]

MORE THAN 80%



After an emergency, more than 80 per cent of people affected will recover well without prolonged distress and without the event significantly impacting on their mental health.[4]

[1] Reser, J, Bradley, G, Glendon, A, Ellul, M, Callaghan, R 2012, Public Risk Perceptions, Understandings, and Responses to Climate Change and Natural Disasters in Australia and Great Britain

[2] Australian Centre for Post Traumatic Mental Health (2007) Acute Stress Disorder and Post Traumatic Stress Disorder: a Practitioner's Guide

[3] Kelly, S and Vu, Q N (2010) Understanding the Social and Economic Cost of Underinsuance The Lifewise/NATSEM Report

[4] Mark van Ommeren, Shekhar Saxena, & Benedetto Saraceno, (2005), Mental and social health during and after acute emergencies: emerging consensus? Bulletin of the World Health Organisation 2005; 83:pp71-76.

Emergencies. Not something we think about every day. Yet still they affect hundreds of thousands of people across Australia every year.

Emergencies can strike at any time. They can damage and in some cases destroy homes and valuables. They often have negative effects on health, they upset routines, and in many cases they can lead to significant financial burden.

Some of us feel the effects of an emergency for a long time. For some, lives will never return to the way they were before.

While emergency services do all they can to help, the person most responsible for your wellbeing before, during and after an emergency is you. And the people most likely to help you will be those you know.

Thankfully, there are things you can do now to help you and your loved ones to be prepared and cope better should an emergency occur.

Your RediPlan has been designed to provide an easy-to-follow set of actions to help you plan for emergencies, grouped into four simple steps:

1. GET IN THE KNOW
2. GET CONNECTED
3. GET ORGANISED
4. GET PACKING



Australian Red Cross/Rodney Dekker

FIRST THINGS FIRST: PREPARE YOUR MIND

As you work through your RediPlan, it's really important to think about how to prepare both practically and psychologically for an emergency.

Face it, emergencies are scary and stressful. And most people under a lot of stress don't think as clearly as usual, affecting decisions and reactions. So the first step to help you cope with your responses and those of others is to be able to anticipate, identify and manage beforehand how you and your family are likely to feel, think and respond in an emergency.

Here are some useful tips to help do just that:



ANTICIPATE – it's going to get stressful

- How do you think you will react to the stress? How do you usually react to highly stressful situations? Think about how you might feel during an emergency and what you and others might be thinking. Common feelings include anxiety, fear, general stress, uncertainty and helplessness. Although these reactions are very natural, they may stop you from preparing or acting so it's important to acknowledge them and manage them better when they happen.

IDENTIFY – your feelings and thoughts

- How you feel in highly stressful situations is strongly affected by the way you cope with the physical signs of anxiety and the thoughts running through your head
- We experience anxiety in a variety of ways, including upset stomach, irritability, headaches, shortness of breath and tightness in the chest. For children it might include anxious behaviour, such as excessive clinging
- Try to also identify any frightening and negative thoughts you might have. Do those thoughts help or hinder? Some typical, but unhelpful thoughts include things like: "I can't cope," "I'm so scared," "We're all going to die," "I don't know what to do"
- Some unhelpful thoughts might also be ones that try to minimise the threat, like: "this happened last year so it can't possibly happen again this year". Not thinking about a threatening possibility or denying the need to prepare can actually make us more anxious—and far less prepared—in the event of an official warning situation.

MANAGE – your feelings and thoughts with simple breathing and self-talk

Use familiar techniques to help manage your feelings or try the following:

- Practise calming techniques, such as deep, relaxed breathing or mindfulness (use a smart phone app such as Smiling Mind to help you get started)
- Replace frightening thoughts with more helpful ones like: "Breathe calmly," "I can handle this," "I'm coping".

Try not to focus on the bad things that might happen, but instead tell yourself that the calmer you are, the better you'll be at managing exactly what needs to be done.

Complete the worksheet at the end of this book to help prepare your mind.

This section was written with the assistance of the Australian Psychological Society.

STEP 1
GET IN THE KNOW



Australian Red Cross/Rodney Dekker

Getting in the know is your vital first step towards being prepared for an emergency. You need to know the risks you face, how your life might be disrupted and who can help, before you can act.

There's a lot of information available and many people willing to help you to get in the know when it comes to emergencies. It's just a matter of knowing where to look.

Do the following to help you to get in the know:



Know what you can and can't do to help yourself

- Fill in a personal assessment worksheet **on page 12**

WHAT YOU KNOW	Y	N	NOTES
Do you know what emergencies might affect you?	☐	☐	*Fire, flash flood, power out.*



Learn about local emergency risks and impacts

- Get in touch with reliable sources of information like your local council, library, people who have lived in your area a long time, local indigenous organisations and local emergency services
- Ask about local risks, traditional weather knowledge, hazard seasons and emergencies that have happened in the past in your area. Ask how these emergencies have affected the community. Find out who is responsible for managing emergencies and community recovery and which agencies can provide you with information during an emergency.



Get a copy of existing local emergency plans

- Find out how your childcare provider, schools, aged care facility and other organisations you rely on in your community plan to respond to a particular emergency. Ask how information will be passed on to you, what is expected of you, what services might be available and how services could be disrupted.



Tune in to emergency information

- Tune your radio to your local ABC
- Subscribe to emergency services' Facebook and Twitter feeds
- Download an emergency app.

PREPARE TO BE PREPARED

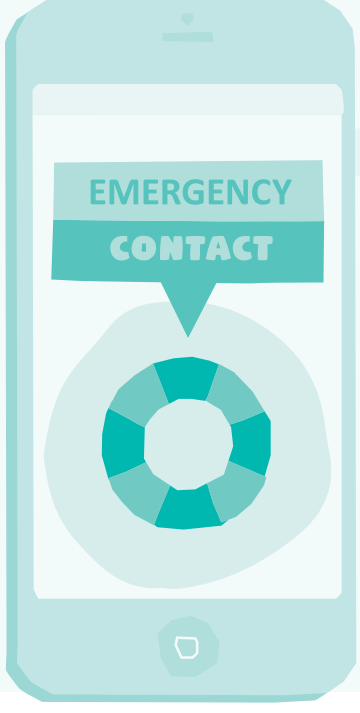
Getting help in an emergency

- Call 000 for police, fire or ambulance ONLY in a life-threatening situation. Do not use this number to get general information. This number must stay clear for emergency calls
- If you are hearing impaired and rely on TTY, use 106 to send a text message
- Contact the SES or Territory Emergency Services on 132 500 if you have urgent storm damage or are threatened by floods
- Keep emergency telephone numbers handy, including electricity, gas, water, council, local doctor/hospital/vet and school/childcare.

People die in emergencies

Australia's fire services and state/territory emergency services have well-tested planning guides for bushfires, cyclones, floods, storms, earthquakes and tsunamis.

These guides help you make decisions about how you might manage potentially life-threatening situations. Seek advice from the experts to plan for these events.







Australian Red Cross/Tim Lofthouse

PERSONAL ASSESSMENT WORKSHEET

This worksheet will help you and others better understand what you can do for yourself and what you'll need help with during an emergency.

Share this with your personal support network and remember to update it at least annually to reflect changes in your life.

WHAT YOU KNOW	Y	N	NOTES	TIP
Do you know what emergencies might affect you?	☐	☐		Remember to think about emergencies that might affect you in all the important places in your life, not just at home.
Do you know where to get information about an emergency?	☐	☐		There are many ways to get information about emergencies.
Can you access this information?	☐	☐		Emergency agencies have information and resources available on their websites and can send you information upon request. There might even be emergency preparedness sessions you can attend in your local area.
Can you understand this information?	☐	☐		Some emergency information can be complex. Ask a friend, family member or colleague to help explain information to you.
Is your ability to communicate with others affected by any of the following? • **Language** • **Literacy level** • **Disability**	☐	☐		Talk to your personal support network about getting information delivered to you in a way that addresses your needs.

YOUR WELLBEING	Y	N	NOTES	TIP
Are you in good health?	☐	☐		Think physical and emotional health. It's important that you are as healthy as you can be before an emergency occurs. Your wellbeing now will have an impact on how you recover from an emergency.
Are you actively managing any physical or mental health conditions?	☐	☐		It's really important that you are actively managing any illnesses or health conditions you have that may impact on your recovery from an emergency. These might be physical, emotional or mental health conditions. List medications or medical assistance of any kind you currently rely on in your medical plan and include in your kit.
Have you had any major life changes in the last six months?	☐	☐		Major changes in our lives, like moving house, having a baby, a relationship breakup, or changing/losing a job can affect our ability to cope. Think about ways to manage the impacts major changes may have on your life. **See the section First things first: prepare your mind (page 6)** for more information.
Are you able to cope with stressful situations?	☐	☐		Almost everyone affected by an emergency will experience varying degrees of stress at some point during and after the event. Anticipating, monitoring and understanding your own and your loved ones' reactions will really help you during an emergency. **See the section First things first: prepare your mind (page 6)** for more information.
Is your ability to communicate with others affected when you are under stress?	☐	☐		Inform your support network and talk to them about what assistance they can provide to help you to communicate during an emergency. **See page 16**

YOUR WELLBEING	Y	N	NOTES	TIP
Do you suffer from anxiety?	☐	☐		Think about what you do or need to seek relief from anxiety. List this in your medical plan and let your personal network know that you've done so.
Are you able to manage your daily routine without assistance?	☐	☐		For those who need assistance with things like personal care, getting around, or preparing or eating food, think about how an emergency might affect any assistance you receive. Work with your support network to ensure you have a plan should assistance be disrupted or should you be required to stay somewhere else.
Are you reliant upon any medical equipment?	☐	☐		Make sure you include medical equipment in your RediPlan and kit and that you have talked to your support network about assistance you might need. Remember that medical equipment that requires electricity might be affected if the power is cut.
Are you reliant upon a caregiver?	☐	☐		Include your caregiver when planning for an emergency. They should be a part of your personal support network and they can help you put your RediPlan together. Include in your RediPlan what happens if your carer is unable to visit you.
YOUR NETWORK	**Y**	**N**	**NOTES**	**TIP**
Do you feel well-supported? Support may come from family, friends, your community and/or care services.	☐	☐		It is really helpful to identify your own personal support network or to become a part of a support network for someone you know. **See page 16**
Are you part of a club, a group or a service?	☐	☐		The connections you have with people in your community will help you in many really important ways after an emergency. **See page 16**

YOUR NETWORK	Y	N	NOTES	TIP
Would you know how to get involved in a club, a group or a service if you were interested in doing so?	☐	☐		Think about who is missing from your network. If you feel like you are not part of a community or could benefit from expanding your existing network, think about how you might do this. **See page 16**
Do you know the names of people in your street?	☐	☐		Write these names (and phone numbers if you have them) down in your RediPlan.
YOUR SECURITY	**Y**	**N**	**NOTES**	**TIP**
Do you have a reliable source of income?	☐	☐		Emergencies can be really expensive and financial matters can become a significant burden that causes a lot of stress to people. Think about how you can plan to cover financial losses caused by an emergency and in doing so avoid the stressful burden that accessing money can become.
Have you financially protected your assets and livelihood (i.e. insurance)?	☐	☐		Get insurance, review your current insurance policies, and/or make a financial plan. Insurance is an important step in protecting your property and your income. Make sure your household and income protection insurance policy covers you for all types of emergencies.
Is your home disaster resilient?	☐	☐		Talk to your local council about existing building codes, planning zones and any criteria for disaster resilient homes in your area. Talk to your local emergency services for tips to protecting your home and property from an emergency.
Do you feel safe in your home or neighbourhood?	☐	☐		Feeling insecure in your home or neighbourhood can affect your ability to cope with stressful situations. Talk to your personal support network if you do not feel safe in your home.

STEP 2
GET CONNECTED



Australian Red Cross/Lisa Fitzgerald

Being connected to your community means you can help each other in an emergency and, if you need it, in the long recovery journey afterwards.

People who receive positive support from their community (i.e. family members, friends, co-workers, neighbours) after an emergency tend to recover better than those who don't. That's why getting connected is such an important step to being prepared for an emergency.

Think about your existing connections. Who do you consider to be in your community? Who do you already know? A community is more than the geographic area you live in. It may also include others who share something in common with you, such as language, culture, religion, interest or hobby.

Do the following to help you get connected:



Identify a personal support network

- Include people who can help you get the resources you'll need during and after an emergency. This could be family, friends, neighbours or a carer
- Ask your network to help you plan for an emergency and make sure everyone in your network knows your plan
- Become a part of someone else's support network.



Identify a meeting place and an out-of-town contact

- Agree on a location that everyone can meet at should you not be able to get home or if there is a communications disruption. Talk about how you might get there in different situations
- Identify someone who does not live near you who you and your network can phone to let them know you're ok. Agree that you'll go to your out-of-town contact's house should you be unable to return home. Record their number in your plan.



Write down your important numbers

- Include friends and family members, your out-of-town contact, your doctor, dentist, vet and other services you access regularly. Include utility providers, such as your gas, phone, electricity, water and sewerage. Don't forget details for schools, childcare centres, nursing homes and any other organisations you'll need to be in contact with during and after an emergency.



Grow your community

- Introduce yourself to your neighbours and leave your contact details with them where you feel comfortable doing so
- Get to know your local service providers; the local café staff, hairdresser, florist or grocery store staff
- Organise a street party or hold a communal garage sale or clean-up
- Join an existing community through local council groups, events or local initiatives
- Join or start up an online community through sites such as Facebook, Twitter, LinkedIn and Instagram.



Talk about emergencies and being prepared for them

- Start a conversation about how an emergency might affect your group/ community. Talk about your strengths as a community, any gaps that need attention and who might need more help in your community. Agree on responsibilities during and after an emergency.

STEP 3
GET ORGANISED



Australian Red Cross/Michael Torres

You've thought about the impact emergencies may have on you and your community. You've strengthened your community links. You're well on the road to having an emergency plan.

Now it's time to get organised.

Organising the things that will help you gain a sense of control after an emergency is the next step to being prepared.

Getting organised means thinking through what might happen to you during and after an emergency, and taking action to protect the important things in your life before an emergency occurs.

Getting organised will reduce stress and save you precious time as you recover.

Do the following to help you get organised:



Write down your medical information

- Write down information about any medical conditions that you have, as well as emergency contact details for your medical providers and include this in your plan.



Make a financial plan

- Emergencies can be costly. They can affect your job. Develop a financial plan that helps you deal with changed financial circumstances.



Identify a next of kin

- Your next of kin will be informed in case something serious happens to you. Tell your next of kin that you expect them to communicate with other members of your family, and friends.



Identify a power of attorney

- You need to identify who you want to have enduring power of attorney should you find yourself in circumstances that will need someone to make decisions for you.



Get and review insurance

- Consider household, business and income protection insurance.



Make a will

- People die in emergencies. A will can bring peace of mind and reduce stress for loved ones, should the unforeseen happen.



Plan for your pets/stock

- Write down how you will manage your pets/ stock in the event of an emergency.



Protect the things you can't replace

- Write a list of items that can't easily be replaced and jot down in your plan how you plan to protect these things in an emergency.



Write down your emergency plan

- Use the RediPlan template at the back of this book to write down your plan.



Review and practise your plan annually and keep it in an easy to find place.

STEP 4
GET PACKING



Australian Red Cross/Lisa Fitzgerald

So, you know your local risks and their impacts, you've connected more to your community, and you've begun the process of getting organised.

Now it's time to get really practical.

Packing a kit of items that will help you during and after an emergency is an important way to prepare practically for an emergency. Having the things you need to cope with a situation will help you to reduce anxiety and stress and give you a sense of confidence and control.

There are two types of items you should think about:

Survival items –
things that will help if you have to evacuate your home quickly or if you have to stay in your home when essential services have been cut off.

Recovery items –
things that will help limit the disruption to your life after the emergency has passed. These will be much more personal to your own needs and situation.

Get packing:

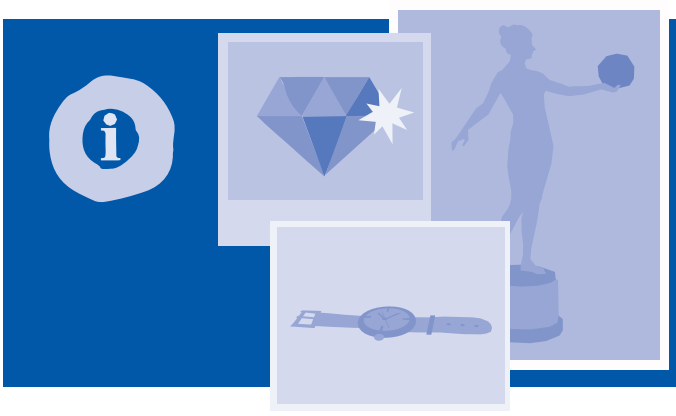
Pack survival essentials

- Pack things that you'd need to get you through a couple of days at home without basic services
- Pack things you'd like to have with you if you had to leave home unexpectedly
- Talk to your local fire services and state and territory emergency services agencies for emergency kit lists and recommendations that will help you put your kit together
- Red Cross has a range of emergency preparedness products including wind up torch radios and first aid kits. To purchase, visit **shop.redcross.org.au**

Copy important documents and pack copies in your kit and somewhere other than your home (work, mobile phone, in the cloud, etc).

Start with:

- Passports
- Wills
- Driver's licences
- Marriage and birth certificates
- Land titles
- Mortgage papers
- Insurance papers
- Prescriptions
- Medical histories
- Child immunisation books
- Copy videos and photos and store copies in your kit and somewhere other than your home.



- Photograph important and insured items and store copies in your kit and somewhere other than your home
- Map where your valuable items are stored in your home
- Store your kit where it is easy to access and review it at least annually.

START A CONVERSATION



Australian Red Cross/Marlon Dalton

redcross.org.au/prepare

Now that you've taken steps to prepare yourself, take a moment to help others in your community to prepare.

A resilient community has a shared knowledge and understanding about emergencies, their impacts and what can be done individually and together to reduce these impacts.

Talk to others about emergencies

A conversation is where an action begins. Explain the risks and impacts and what you've done to prepare yourself. Encourage them to do the same. Talk to people at your local school or childcare facility, at your children's local sporting group, with your parents, your hobby group, or any of the groups or networks you consider to be a part of your community.

Help others get in the know

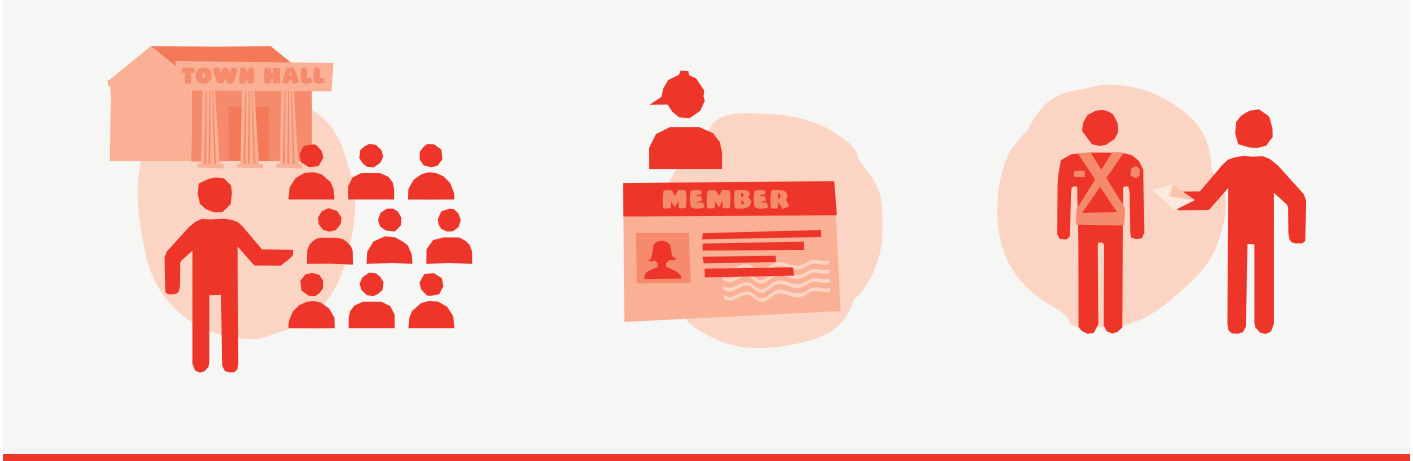
Help others to get in the know about the emergencies that might affect them and how to find the resources they need to help them prepare. You probably know people who might need special assistance. Offer to help them think through the emergencies that might affect them, who might be able to help them and where they can get information to suit their special needs.

Organise a preparedness workshop

Arrange to have emergency services workers talk to a group you belong to about how to prepare for an emergency. All agencies run sessions, usually for free. Contact Red Cross in your state or territory if you'd like to hear from a trained Red Cross presenter.

Share your story

The experience of an emergency or a loved one experiencing an emergency are two of the most common reasons people give for their own emergency preparedness. If you or a loved one has experienced an emergency, share the story with others. Let them know the impacts it had on your life, what you did beforehand that helped, and what you'd do next time to lessen the impacts.



Join an emergency or community service organisation. Red Cross has emergency services teams across the country. These teams help people with a range of services including supporting people to prepare for emergencies and responding to people's needs during and after an emergency. More information is available at **redcross.org.au**

PREPARE YOUR MIND WORKSHEET

This worksheet helps you to identify your anticipated stressors, the feelings and thoughts they may provoke, and prompt you to think about how you can invest in your wellbeing.

Anticipate:
My stress triggers: e.g. tiredness, being pulled in too many directions.

Identify:
How I know I am experiencing negative stress:

MY PLAN TO COUNTER NEGATIVE STRESS AND INVEST IN MY WELLBEING:

	In an ideal day* I will:
Connect	
Be active	
Take notice	
Keep learning	
Give	

*** Aspirational.**

My rule for when I will seek further help
e.g three consecutive nights of disrupted sleep.

Manage:
These five actions are identified as helping you feel good and function well: connect, be active, take notice, keep learning, and give.[1] Invest in your wellbeing by incorporating these actions into your day to day life:



[1] New Economics Foundation (2008): Five Ways to Wellbeing
neweconomics.org



Australian Red Cross/Michael Torres

DISABILITY

	Y	How my disability might affect my ability to respond to an emergency	Support plan
Intellectual	☐		
Learning	☐		
Speech-related	☐		
Sensory	☐		
Physical	☐		
Neurological	☐		
Other:	☐		

MY WILL

	Solicitor/s	Address	Phone
Location of my Will			

MY POWER OF ATTORNEY:

MY INSURANCE

	Insurer	Contact details	Policy number
Home and contents			
Health			
Car			
Life			
Income protection			
Business			



Consider your particular needs and how your support network might best assist you during an emergency. If you require help to evacuate, include written instructions and ensure your support network is aware of your plan. For example, “I am diabetic. Please take my insulin from the regrigerator”, “My service animal may legally remain with me”.

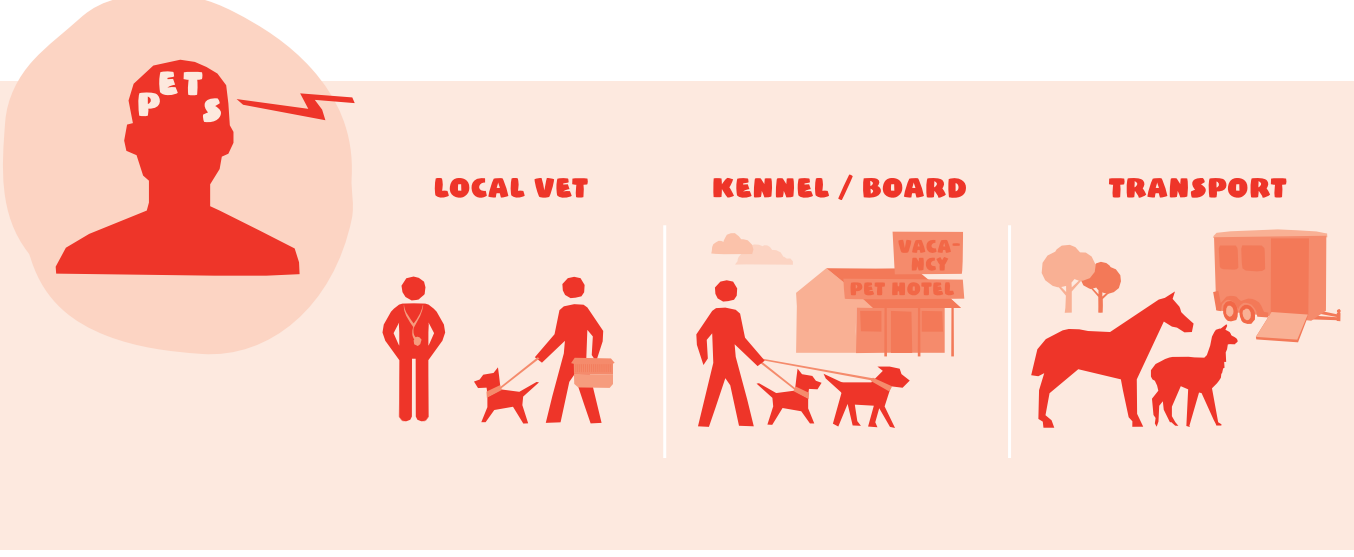
MY IMPORTANT ITEMS LIST AND PLAN

Item	Location	Plan for protection

See Step 3 for more information about how to identify and protect important items.

MY ANIMAL PLAN

Animal name	Breed	Microchip number	Vet/Kennel contact details	Emergency safe place	Equipment required	Plan



In planning for emergencies you'll also need to think about your pets and animals and what they would need over the course of a week or more, including food, identification, medication, transport and accommodation.

YOUR REDIPLAN

_____'S RediPlan.

MY EMERGENCY INFORMATION

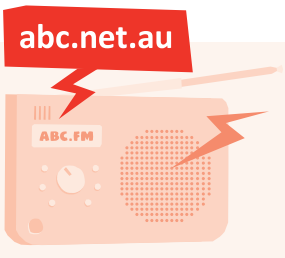
Name of household member	Medicare number	Centrelink number	Passport number	Tax file number	Driver Licence number	Car registration

MY IMPORTANT NUMBERS

	Name	Relationship	Phone	Address
Member of support network				
Member of support network				
Member of support network				
Out-of-town contact #1				
Out-of-town contact #2				
Other:				

MY IMPORTANT SERVICES

	Company	Account number	Contact details
Electricity			
Gas			
Water			
Internet			
Phone			
Roadside assistance			
Other:			



MY LOCAL ABC FREQUENCY:

MY AGREED MEETING PLACE:

MY ALTERNATIVE PLACE TO STAY IN AN EMERGENCY

Name	Phone	Address

See Step 2 for more information about staying connected during an emergency, including identifying an out-of-town contact, an agreed meeting place, and an alternative place to stay in an emergency.

MY MEDICAL PLAN

Medical support list	Name	Phone	Out of hours contact	Address
Doctor				
Local hospital with 24-hour emergency				
Chemist				
Optometrist				
Dentist				
Other:				

MEDICAL CONDITIONS

	Y	N	Plan to manage condition during and after an emergency
Heart disease	☐	☐	
Diabetes	☐	☐	
Asthma	☐	☐	
Migraines	☐	☐	
Fainting spells	☐	☐	
Anxiety	☐	☐	
Epilepsy	☐	☐	
High blood pressure	☐	☐	
Thyroid problems	☐	☐	
Dizziness	☐	☐	
Other:	☐	☐	

Consider getting a medical alert system that can easily call for help if you are immobilised in an emergency. Most alert systems require a working phone line, so have a back-up plan, such as a mobile phone or pager, in case landlines are disrupted.



Current medications

Write down below any medication you are currently taking.

Remember to attach copies of concession cards, health insurance cards and prescriptions to this plan. You may also want to identify where you keep the medication in your home in case you have to evacuate quickly or someone needs to get it for you.

CURRENT MEDICATIONS

Medical condition	Medication	Dosage	Times taken	Prescribing doctor (include contact details)	Location of medication in the home

MEDICAL AIDS

	Y	N	Details	Plan to manage equipment in the case of an emergency
Do you use any equipment to assist you	☐	☐		
Style and serial numbers of medical devices				
Allergies and/or sensitivities (food, medication etc)				
Blood type				

Plan to have all the things you'd need with you for a week or two. This includes any medications you take regularly or specialised equipment (wheelchair, glasses, hearing aid) and supplies (patch kit for a wheelchair tyre or extra batteries). See Step 4 for more information about packing a survival and recovery kit.

MY IMPORTANT NUMBERS

EMERGENCIES	
Police Fire Ambulance	000
SES	132 500
Poisons Info Line	13 11 26
Lifeline	13 11 14
BeyondBlue	1300 22 46 36

MY IMPORTANT CONTACTS			
Doctor		Home Care Agency	
Dentist		Local Radio Frequencies ABC	
Vet		Local Radio Frequencies Other	
Solicitor		Out-of-Town Contact	
Council		Power of Attorney	
Gas		Insurer	
Telco		Bank	
Power		Roadside Assistance	
Water			

MY IMPORTANT NUMBERS

MY HOUSEHOLD NUMBERS

Name	Work	School	Mobile

MY NEIGHBOURS / PERSONAL CARE NETWORK NUMBERS

Name	Work	Mobile

OTHER IMPORTANT NUMBERS

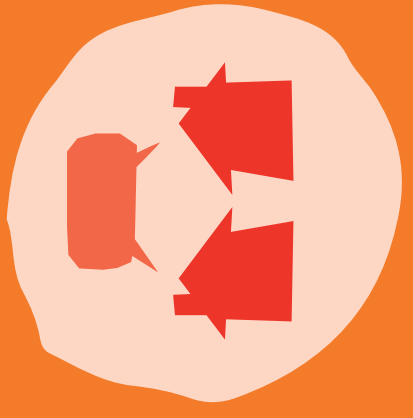
Name	Work	Mobile

Tip:
Store these numbers in your phone and take a picture of the card so you will have all your important details available in one place. You may also want to send a copy to friends or relatives to have on file in case of an emergency.

CONNECTING TO THE SOCIAL GRID

HEY NEIGHBOUR!

Besides being fulfilling in many other ways, being a part of a community will help you in an emergency.



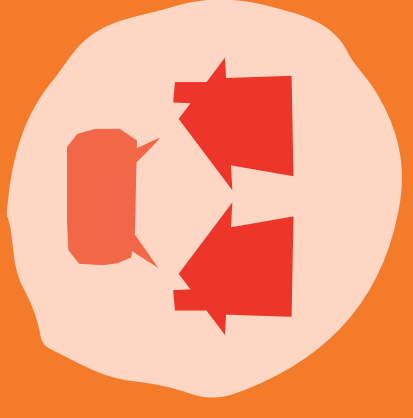
Your Emergency RediPlan

redcross.org.au/prepare

Australian Red Cross

HEY NEIGHBOUR!

Besides being fulfilling in many other ways, being a part of a community will help you in an emergency.



Your Emergency RediPlan

redcross.org.au/prepare

Australian Red Cross

Tear out these handy postcards and leave in your neighbour's letterbox.

CONNECTING TO THE SOCIAL GRID



HELLO! MY NAME IS:

I live :

- ☐ Next door
- ☐ Over the road at _____
- ☐ Up the street at _____

Did you know it's most likely to be your neighbour or a passer-by, not emergency services, who will help you survive during an emergency? Neighbours can also provide practical and emotional support after an emergency, as well as important information about recovery services.

My/our details are:

Name _____

Phone _____

Email _____

We are also good for:

- ☐ Putting out the bins
- ☐ Collecting mail
- ☐ Watering the garden
- ☐ Feeding pets
- ☐ Cup of sugar

HELLO! MY NAME IS:

I live :

- ☐ Next door
- ☐ Over the road at _____
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Need more? Download a PDF and print your own from: redcross.org.au/prepare

How can I become a supporter?
Red Cross relies on committed volunteers, members and donors.

You can support Red Cross by:

1. *giving* monthly, leaving a bequest in your will or making a one-off donation to Disaster Relief and Recovery
2. *visiting* your local Red Cross store
3. *donating* blood

redcross.org.au or call **1800 811 700**

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