



RediPlan

Plan for an emergency



Easy English

the power of humanity





Hard words

This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.



This book is written by
Australian Red Cross.



What is this book about?

This book

- tells you about **emergencies**
- is your emergency plan.



You can write your emergency plan information in this book.

You can write different parts of your plan when you have time.

You can write more information at the back of the book.



You can ask someone you trust to help.

What is an emergency?

An emergency can be

- serious



- dangerous and scary.



You might need help in and after an emergency.



An emergency might be

- a bushfire



- a flood



- a car accident



- a hospital emergency



- an electricity or gas outage.



Know where to get information in an emergency

An emergency can change and you need the best information.

You can get information about emergencies from emergency services and the **media**.



The media might be

- your local ABC radio



- TV



- social media
 - for example, Police and Fire Twitter.

Write your information



Write where you will get your information in an emergency.

Know your abilities



You might need **more** help in an emergency if you find it hard to

- read and understand information



- do everyday activities
 - for example, walk or see.



Write your information

Write things you might need help with in an emergency.

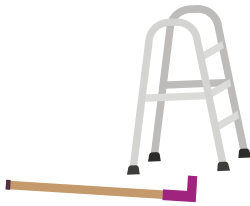


Plan for your medical needs

In an emergency you might **not** be able to get help from your medical services.

You can write important information about

- an after hours medical service
- your medical conditions
- your medicines
 - for example, when you take your tablets
- your medical aids.



Write your information

Write information about your medical needs.



Who can help?

Your support network can help

In an emergency you can get help from your **support network**.



Support network means people you know and trust to help in an emergency.



You should ask 3 or more people you know to be in your support network.

For example

- family



- friends



- people at work

- neighbours

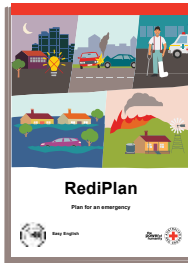


- carers.



You can tell people in your support network about

- your emergency plan
- your needs
- your plan to call them in an emergency.



You can give people in your support network a copy of your plan.

Emergency services can help



In an emergency you might also need help from emergency services.

If you are in danger you can call

Police Fire Ambulance

Call 000



If you find it hard to hear you can call

TTY number 106 to send a text message.

For help with floods and storms you can call

State Emergency Services or SES

Call 132 500



Have a contact list

In an emergency you might need to contact

- your family
- your support network.



You should help your children to write an emergency contact list too.



Write your information

Write the names and phone numbers of people in your family and support network.

You can also write a medical contact list.



For example

- your hospital

- your doctor



- your chemist.

Write your information



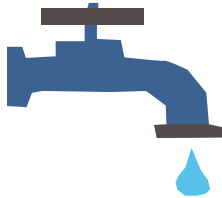
Write the names and contact information for your medical contacts.

In an emergency you might also need to contact important services.

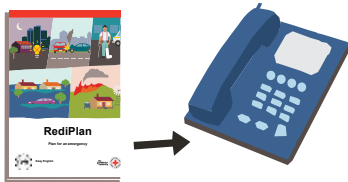


For example

- electricity and gas
- water
- internet
- carer service.



You will have less stress when you have these numbers somewhere close by.



Write your information

Write the names and phone numbers of important services.



Plan for somewhere to go in an emergency



In an emergency it might **not** be safe to

- stay in your home



- go back to your home.

It is important to have 3 places to go in an emergency.



You might go to a place

- outside your house
 - for example, by a letterbox



- outside your neighbourhood
 - for example, a sports field



- you can stay for a longer time
 - for example, with your friend.



You should

- agree on these places with people in your house and people in your support network
- think about how you will get to each place
- talk about these plans with your children.



Write your information

Write the places you can go in an emergency.

Know how to manage stress



In and after an emergency you might feel **stress**.



Stress can make you feel

- sick



- out of breath



- angry



- worried



- tired.



To feel less stress in an emergency

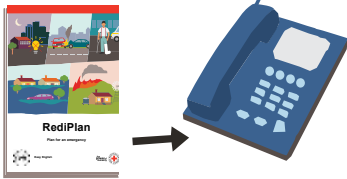
- take deep breaths



- talk to yourself in a positive way
 - for example, **I can do this**



- help other people to stay calm



- have your emergency plan close by.

Write your information



Write the things you can do to have less stress in an emergency.



If you take care of yourself every day you might have less stress in an emergency.

For example, you can

- be fit and healthy



- take time to relax



- spend time with friends and family.



Write your information

Write the things you can do in your life to have less stress in an emergency.



Plan for your insurance needs

You should get the right **insurance**.

Insurance is an agreement between you and a company.

You pay insurance bills to cover you in an emergency.



An emergency can

- cost you money



- damage your house



- damage your car



- damage things that are important to you



- stop you from going to work.

There are different types of insurance.

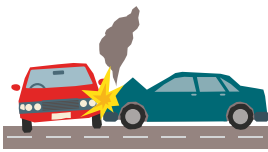


For example

- home and contents insurance



- health insurance



- car insurance



- work insurance.

Write your information



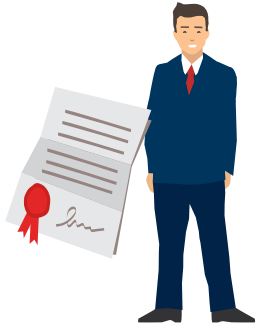
Write the names and contact information for your insurance companies.



Plan for your legal needs

You should make a **will**.

A will tells your family what to do if you die.



You can get more information about wills from a lawyer.



Write your information

Write the name and contact information for your lawyer.



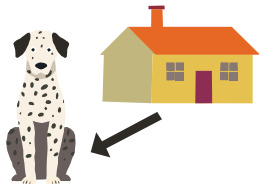
Plan for your animals

It is also important to think about how to care for your animals in an emergency.

For example



- how to move your animals



- where your animals might stay



- what food your animals might need



- what medicine your animals might need



- how to contact the vet.



Pack an emergency kit

It is important to have an **emergency kit** with things that can help you



- stay home during an emergency

or



- leave home during an emergency.



Your emergency kit should have

- food that lasts a long time
 - for example, canned food



- water for 3 or more days

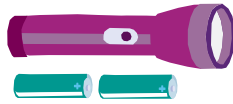


- clothes.

Your emergency kit should also have



- medicine



- a torch and batteries



- things that are special to you
 - for example, photos.



You can ask your children what they would want to take in an emergency.

For example, a teddy bear.



Write your information

Write a list of special things in your home you want to take with you.

You should keep copies of important documents in your kit.

For example

- birth certificate

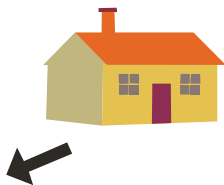


- insurance documents

- passport



- will.



You should also keep copies of important documents in a safe place **away** from your home.

For example, with a person in your support network.



It is a good idea to

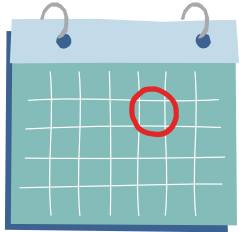
- keep your emergency plan close by



- keep a copy of your plan in your emergency kit



- tell your family and support network where you keep your emergency kit



- check and update your emergency kit every year.



Write your information

Write where you will keep your emergency kit.

___ / ___ / ___

Write the date you will check your kit.

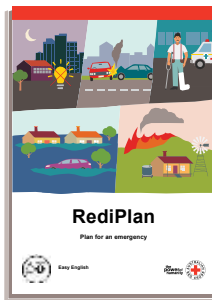


How to help other people plan for an emergency

You can tell people



- your story
- what you know about emergencies
- how to make an emergency plan.



More information

Go to our website

redcross.org.au/prepare

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