

# EMERGENCY PLANNING FACT SHEET

## Plan Ahead

It is a good idea to have some of the following items stored in your home in case of illness:

Have enough food and fluids available to last for two weeks:

- Drinks
- Dried and long life foods
- Emergency backup power supply
- Ready to eat canned and bottled foods
- Snack foods

Have enough basic household items to last for two weeks:

- Tissues
  - Toilet paper
  - Detergents
  - Torches
  - Batteries
  - Nappies
  - Sanitary items
  - Hand wipes
  - Soap and shampoo
- Don't forget to have food for pets also available for two weeks.
  - Don't forget to have prescription medications also available for two weeks.
  - Over the counter medications including analgesics and pain relief.
  - Prepare an emergency kit for evacuation.
  - Have a digital thermometer in the medicine cabinet.
  - Think of someone you could call upon for help if you became very ill with the flu and discuss this possibility with him or her.
  - Think of someone you could call upon to care for your children if you were required to work and their school or day care was closed because of illness, discuss the possibility with them.

## Being prepared

- Plan ahead
- Emergency Management Australia
- Australian Red Cross
- Pantry List

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- Keep a list of your emergency contacts where every-one can find it – on the fridge
- Don't keep it electronically in case of power failure
- Discuss your plan with the family
- If you would like more information on other actions you can take to prepare for an emergency, you may find the following websites useful:

Emergency Management Australia  
[www.ema.gov.au](http://www.ema.gov.au)

Australian Red Cross  
[www.redcross.org.au](http://www.redcross.org.au)

The resources on these websites provide detail on what you can do to prepare for a severe emergency or incident.

The Australian food industry is working together to ensure supply and distribution of critical food and grocery items support the community to prepare for a severe and prolonged emergency or infrastructure failure.

- Pantry List Australia  
[www.pantrylist.com.au](http://www.pantrylist.com.au)