

The Channon and Surrounds Disaster Information Kit

Helping our community prepare for disasters



Preparing

We will plan and take action to prepare for disasters.



Connecting

As a cohesive and caring community, we understand the importance of coming together to help and support each other.



Understanding

We understand the risks and will learn from a range of sources. We will use this knowledge to respond to and be resilient from disasters.

How to prepare for a disaster?

The following information provides advice on how you can protect yourself, your family, your home and/or your business in a disaster.

Emergency kits

For a quick guide on what to pack that you can keep at home, check the list from Red Cross:

www.redcross.org.au/campaigns/prepare/packing



Emergency plans

Prepare a household plan for your family and pets or a plan for your business and employees. Follow the Red Cross guide for household plans:

www.redcross.org.au/campaigns/prepare/packing

Emergency Plan preparedness resources are available for older people, people with a disability and in accessible formats at:

www.redcross.org.au/get-help/emergencies/resources-about-disasters

What to do during a disaster?

- Tune into warnings
- Tune your battery-powered radio to your local radio station (eg ABC radio to listen for weather and warning updates)
- Tune in to your local television station for warning updates
- Monitor weather warning updates on Council's disaster dashboard:
www.disaster.lismore.nsw.gov.au
- Monitor weather warning updates through the Bureau of Meteorology website:
www.bom.gov.au
- Prepare for emergency services personnel who may door-knock your area to pass on warnings

Grab and go

Think about what you would take if you had 15 minutes of notice to leave your home. Now, think if you had just two minutes.

Pack as you leave

- ✓ Medicine
- ✓ Phone and charger
- ✓ Wallet or purse & keys

Prepare a list

Write down what else you should bring for everyone in your household.

Clothes? Toothbrush?

Vulnerable people

Think about needs of any vulnerable people in your household including babies, older adults, people with medical conditions or disabilities.

Animals

Think about any animals and pets.



Bushfires

How to stay safe during a bushfire?

The RFS recommend that people living in **bushfire-prone areas** have a personal **bushfire survival plan**.

Public messaging and warnings will be available through the RFS website or media and radio announcements and through that indicate potential danger and are displayed by RFS as low/moderate to catastrophic. Check social media including official RFS sources and our local Facebook page.

Protect your property

Community members are encouraged to prepare their own properties ahead of our bushfire season, especially if their property backs onto or is near a bushland area. To protect your property against bushfires you should:

- ensure you have a bushfire survival plan
- clear space around buildings
- clear and remove undergrowth near buildings
- fill in any gaps around windows, door frames and eaves
- protect larger under deck areas with non flammable screens
- rake up bark, leaves and twigs

Protect yourself from smoke

The community survey identified smoke as the number one issue during the 2019/2020 bushfires. Smoke inhalation can impact upon your health or pre-existing medical conditions. You can protect yourself from smoke inhalation by:

- keeping up-to-date with bushfire alerts and RFS and National Parks and Wildlife information on planned burning activities.
- asking your doctor (if you have a chronic medical condition) about steps you can take to help you control your symptoms when air quality is poor
- being prepared with enough medication in the house to last you for several days
- seeking medical advice immediately if you are having trouble breathing or experience chest pain
- avoiding physical activity and staying indoors
- keeping indoor air as clean as possible by keeping windows and doors closed and using draught excluders or turning on your air conditioner if you have one onto 're-circulate' mode

**To report a fire emergency
call Triple Zero (000)**

**If you are deaf or have a
speech or hearing
impairment call 106**

Useful links

Bushfire survival plan

www.myfireplan.com.au

Fires Near me

<https://www.rfs.nsw.gov.au/fire-information/fires-near-me>

Social media channels

NSW RFS Facebook and NSW RFS Twitter

Hazard reduction alerts

<https://www.rfs.nsw.gov.au/fire-information/hazard-reductions>

Bushfire mapping

<https://www.lismore.nsw.gov.au>



Floods

How to stay safe during a flood?

The only way to stay safe is to stay out of floodwater. If you are travelling, get yourself a Plan B – stay in, or find a safer way to travel.

Lismore City Council sends out mobile phone SMS alerts during times of flood. Alerts start when official word is that Lismore will reach the minor flood level of 4.2 metres. An alert is sent every 6-8 hours after that or when authorities alert Council that river heights are rising and until the flood reaches its peak.

If you need to evacuate

You may be asked to evacuate, but if you plan to leave early make sure you tell someone e.g. family or neighbours. In either case, you should:

- Pack warm clothing, essential medication, valuables, personal papers, photos and mementos in waterproof bags, to be taken with your emergency kit.
- Raise furniture, clothing and valuables onto beds, tables and into roof space (electrical items highest).
- Empty freezers and refrigerators, leaving doors open (to avoid damage or loss if they float about).
- Turn off electricity, water and gas / take your mobile phone and charger.
- Put sandbags in the toilet bowl and over all laundry/bathroom drain-holes to prevent sewage back-flow.
- Remember your pets,
- Lock your home and take the recommended evacuation routes for your area.
- Never drive into water of unknown depth and current.

If you stay

If you remain in your home or when you return take these precautions.

- Keep your emergency kit safe and dry.
- Do not eat food that has been in contact with floodwater and boil all water until supplies have been declared safe.
- Don't use gas or electrical appliances that have been flood affected until they have been safety checked.
- Beware of snakes and spiders that may move to drier areas in your house.
- Avoid wading, even in shallow water as it may be contaminated.
- If you must enter shallow floodwater, wear solid shoes or boots for protection.
- Do not handle wet electrical equipment.
- Keep listening to your local radio or TV station and follow all warnings and advice.

To report a flood emergency phone call Triple Zero (000)

For flood or storm help phone SES on 132 500

For loss of power, electricity problems or fallen powerlines contact Essential Energy on 132 080

To register for SMS flood alerts, call Lismore City Council on 1300 87 83 87

Useful links

Areas at flooding risk - SES

www.ses.nsw.gov.au/your-local-risk/

Flood Alert SMS Registration

www.lismore.nsw.gov.au



Storm events

How to stay safe in storm events?

Before storm season begins:

- Trim tree branches well clear of your house. If your property has large trees, arrange for an arborist to check them.
- Check and clean your roof, gutters and downpipes
- Identify loose objects in your yard and on your balcony, such as outdoor furniture and toys that will have to be put away or secured if a storm approaches.

As the storm approaches:

- When a severe storm approaches, make sure you have your mobile phone close by, and it has a fully-charged battery. Listen to a local radio station for information and disconnect all electrical appliances.
- Place your vehicles undercover or cover them with tarpaulins or blankets.
- Secure loose items.
- Shelter and secure your pets and animals but do not tie up pets outside.

When the storm strikes:

- When a severe storm strikes stay inside, keep away from windows and remain in the strongest part of the house, which is usually the bathroom. If you are outdoors, find emergency shelter and do not stand under trees.
- You should: listen to your portable radio for storm updates.
- If driving, stop and park away from trees, power lines and creeks avoid using the landline telephone during the storm.

**To report a flood
emergency phone Triple
Zero (000)**

**For flood or storm help
phone SES on 132 500**

**For loss of power,
electricity problems or
fallen powerlines contact
Essential Energy on
132 080**

Useful links

Weather

www.bom.gov.au

State Emergency Services

www.ses.nsw.gov.au



Landslips

What can you do to prepare for landslips?

You can protect yourself, your family and your property by doing the following:

- Before occupying a building, check with Council and neighbours for the area's history of landslip or instability.
- In steep areas, look for the tell-tale signs of ground movement, such as trees tilting (down-slope), water seepage and breaks in the ground.
- If outdoors, always heed warning signs and avoid the tops and bases of cliffs and embankments, especially where there are signs of loose rocks or debris.
- Never stand or sit on rock overhangs unless you are sure they can bear your weight.

**To report a landslip
emergency call
Triple Zero (000)**

How to stay safe during a landslide?

You can protect yourself and your family by doing the following:

- If indoors, shelter at the least-affected end of the building under a strong table or bench (if possible use a mattress for extra protection). Hold on firmly and stay put until all land movement has stopped.
- If outdoors and a landslide threatens, move quickly from its path and keep clear of banks, trees, power lines and pole.



Heatwaves

What are the risks during a heatwave?

Heatwaves can result in significant health stress on vulnerable people. This stress may result in death during the heat event and, in many cases, well after the heatwave has passed. The people most at risk from heatwaves are:

- very young children
- older people
- people with a chronic condition or illness
- outdoor workers
- homeless people
- people living with disabilities
- people in lower socio-economic brackets
- people who are overweight.

How to stay safe during a heatwave?

Health NSW provides information regarding how to prepare for a heatwave and what to do during a heatwave.

Some other helpful hints to stay safe during a heat wave include the following.

- Never leave a child or a pet alone in a hot car. On a typical Australian summer day, the temperature inside a parked car can be as much as 30-40 degrees celsius higher than the outside temperature. That means on a 30-degree day, the temperature inside the car can be as high as 70 degrees.
- Check on friends, relatives and neighbours, particularly the vulnerable, elderly, or people with disabilities.
- Some medications can impact a person's ability to thermoregulate for example affecting the ability to sweat. Talk to your doctor about how to use and store medicines safely during heatwaves and in hot weather.
- Drink two to three litres of water a day at regular intervals, even if you do not feel thirsty.
- Keep out of the heat as much as possible. Plan your day to keep activity to a minimum during the hottest part of the day. If you can, avoid going out in the hottest part of the day (11am–3pm).
- Stay as cool as possible. Wear appropriate clothing to suit the hot weather

In an emergency – call Triple Zero (000)

Ask your GP about your health in the heat – have their number handy

Call Health Direct on 1800 022 222 for general health advice. This is a free 24-hour telephone NSW government health advice line staffed by Registered Nurses to provide expert health advice (free calls from landlines).

Useful links

Beat the Heat

www.health.nsw.gov.au/environment/beattheheat/Pages/default.aspx

Weather

www.bom.gov.au/australia/heatwave/