Elderly

* If you have elderly family members or neighbours, now is the time to talk to them about how you will help each other in an emergency.
* Now is the time to connect with vulnerable friends and family to see how you can assist them with preparedness activities like mowing the grass, clearing the yard, trimming overhanging branches and updating their phone or computer with emergency warning applications.

**Understand your risk**

* Your disaster risk can change over time, even if you have been living in the same area for years.
* Stay aware of your severe weather risks by talking to your local council, friends, family and neighbours.
* If you receive carer assistance talk with them about emergency procedures.

**Create an emergency plan**

* Find out how you can best stay updated about disaster alerts and weather warnings through local television stations, radio, your mobile phone, computer, neighbours and local council.
* Talk to your neighbours about assisting you in the case of evacuation.
* Keep important contacts like your neighbours, friends, family, carers, doctors and council on your fridge.
* Ensure your plan includes what you’ll do in the event of an evacuation. Keep contact details of trusted neighbours on your fridge to assist you in an emergency.
* If you have a pet, organise for them to stay with a friend or family member out of town if you need to evacuate.

**Pack an emergency kit**

* If your area is impacted by a disaster like flooding, severe storm or cyclone, you may not be able to leave your home or access local shops for several days.
* Keep a kit packed with emergency items to keep yourself safe for at least three days including:
  + plenty of non-perishable food and water;
  + a first-aid kit with at least a week’s supply of prescription medication, syringes, catheters and other medical supplies;
  + essential medical devices;
  + a torch;
  + a battery-operated radio;
  + spare batteries;
  + a whistle to attract attention;
  + a list of emergency contacts including your primary physician, pharmacist, assistive equipment supplies, medical supplier and support network member in and out of town;
  + toiletries including hand sanitizer, tissues, and face masks;
  + supplies for service or companion animals including food, water, identification, vet contact details and proof of vaccination; and
  + any additional items needed to meet your personal needs.

Check your insurance

* Make sure your home and contents insurance cover is up-to-date and provides adequate cover for damage from severe weather and disasters.
* Call your insurer if you have any questions about your policy.

For more information on how to prepare this disaster season,

call your local council or visit getready.qld.gov.au