

Extreme Weather Care Plan

ACTIONS

Extreme Heat :

- Keep Blinds/curtains closed, use fans/air conditioner, and keep water stocked up in fridge and drink regularly throughout the day. Prepare food prior to minimise the need to go out in extreme heat.
- If you don't have an air condition and it is unbearable to stay at home, you can go to the town library, shopping centres, cinemas or community centres.
- Avoid heavy activities, renovating and gardening.
- Have the minimal essentials packed ready to leave – if needed refer to back of sheet.
- Be prepared for power failures
 - Ensure you have a torch, fully charged mobile phone, a battery operated radio and some spare batteries.
 - Stock up on food items that do not require refrigeration or cooking such as tinned fruit and vegetables, tinned meats or fish, bread and fruit.
 - Have plenty of drinking water available.
- Watch or Listen to news reports to find out more information during extreme heat.

Thunderstorm :

- Check that loose items such as outdoor settings, umbrellas are safely secured.
- Park your car undercover and away from trees.

- Stay indoors and away from windows.
- If outdoors, shelter away from drains, gutters, creeks and waterways.
- Be prepared for power outages.
- Have the minimal essentials packed ready to leave - if needed refer to back of sheet

Flood, Storm, and Earthquake Emergency 132 500

Vic Emergency Hotline 1800 226 226

Your Emergency Kit

Overnight bag with change of clothes, toiletries and sanitary supplies

Identification and important items

- › photo ID
- › passport
- › photos
- › will
- › jewellery
- › insurance papers
- › USB with important files

Medicines, first-aid kit and prescriptions

Mobile phone and charger

Battery-powered radio, torch and spare batteries

Adequate amount of water and food

Woollen blankets

Contact information

- › doctor
- › council
- › power company