







Emergency Planning Kit for vulnerable groups

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| <p>Emergency Planning Checklist</p>   <p>Assisting clients with Personnel Emergency Planning Checklist f</p> | <p>Wellington Shire Council - Emergency Management http://www.wellington.vic.gov.au/Living-in-Wellington/Emergency-Management/Emergency-Planning</p> |
| <p>Emergency Contacts and Information</p> |  <p>Emergency-Contacts and Information.p</p> |
| <p>Good Neighbour relationships come in handy in times of emergency</p> |  <p>Everybody needs Good Neighbours ir</p> |
| <p>Vic Deaf – What to do in an Emergency</p> | <p>Deaf Emergency information website (Auslan)</p> |
| <p>Your Guide to Power Outages brochure</p> | <p>Energy Safe Victoria</p> |
| <p>Equipment connected over the NBN network (such as medical alarms, emergency call buttons, security alarms, lift emergency phones) will not work during a power blackout</p> | <p>What happens in a Power blackout?</p> |
| <p>Heat Health brochure</p>  <p>HACC Stay Safe in the Heat.DOCX</p> | <p>Department of Health Staying Healthy in the Heat</p>  <p>Keep-Cool-in-Wellington.pdf</p> <p>Cool down in Wellington</p> |
| <p>DHHS: concessions for people on low incomes or experiencing hardship..</p> | <p>Heating & Cooling subsidies DHHS Concessions & Benefits</p> |
| <p>Pantry List – Preparing for an emergency</p> | <p>Pantry List</p> |
| <p>Emergency Toolkit – A guide to staying safe</p> | <p>SES Emergency Toolkit</p> |
| <p>Australian Red Cross</p> | <p>Prepare your mind Are you ready for an emergency? Emergency REDiPlan – Easy English plan</p> |

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| CFA | <p>Leaving Early – Bushfire survival planning template Fire Ready Carers Kit</p> <p>plan & prepare</p> |
| CFA | <p>Easy English Fire Ready Kit Where are bushfires Before the bushfire season On a fire danger day In a bushfire</p> |
| CFA | Guide to Survival in Bushfire Prone Areas |
| CFA | Only working smoke alarms saves lives |
| CFA | Pets and Bushfires |
| CFA | Horses and Bushfire |
| Forest Fire Management Victoria | Planned Burning Notification System |
| Insurance for people on low incomes | Insure it. Its worth it. |
| Protect your health from smoke |  <p>BROCHURE_Protect your health from sm</p> |
| Better Health Channel | <p>Protect yourself from Thunderstorm Asthma</p> <p>4 Steps of Asthma First Aid</p> |
| Why is it so important to have a written plan and to practice it? | <p>Trauma Psychologist, Dr Rob Gordon, says preparing your mind to survive disasters is critical. Dr Gordon says people need to understand that when they confront a disaster they won't be able to think carefully and make strategic decisions easily. "It has nothing to do with how intelligent or how experienced you are, if your adrenalin is high enough your problem solving capacity will disappear" Dr Rob Gordon video preparing your mind (Approx 15 mins) Dr Rob Gordon video recovering from a traumatic incident (approx. 3 mins)</p> |
| Bureau of Meteorology | 7 day forecast by townships |
| VicEmergency website | VicEmergency Hotline |