

EMERGENCY PREPAREDNESS



Being informed is being prepared



An Australian Government Initiative

WHY IS IT IMPORTANT TO BE PREPARED?

You can reduce the impact of emergencies and disasters by being prepared.

Who is most at risk?

- People with physical and mental disabilities
- Elderly people
- Pregnant women
- Children
- People with multiple chronic health conditions and/or social and economic limitations
- People living alone
- People from culturally and linguistically diverse backgrounds





No power



No water



No gas



No internet



Limited food



No medication

EXPECT THE UNEXPECTED

Emergencies can happen unexpectedly, leaving little time for people to prepare. It is important to be prepared before emergency strikes.

Often emergencies will be followed by other risks such as power outages and road closures which can result in assistance delays.

How ready would you be if these services stopped for 72 hours?

HOW CAN I PREPARE MYSELF?

My Health Record

Ask your GP to upload your health information to My Health Record. During an emergency information about your medical history, allergies and medicines can be quickly accessed by health professionals. Download the My Health App to register, or alternatively visit www.digitalhealth.gov.au/initiatives-and-programs/my-health-record on your computer.

Patients with diabetes

During an emergency your body produces glucose differently, which means you may need to adjust your medication during and after an emergency. Completing a *diabetes in emergency plan* can help you to manage your diabetes in an emergency. www.ndss.com.au/living-with-diabetes/health-management/emergencies-and-diabetes

NSW Police Next of Kin Program

The Next of Kin Program helps people living alone to have the contact details of their nominated person recorded at a local police station. The details of your next of kin, doctors and medical conditions which may be impacted by an emergency situation can be entered onto a register.

Link with local services and supports

Identify and record your local emergency services, council, community groups and health services before you really need them.



YOUR HEALTH MATTERS

ACCESSING HEALTHCARE DURING AN EMERGENCY

Accessing medicine

During times of declared disaster there are provisions in place which may allow you to access medicine without a prescription. Present to a pharmacy for assistance.

If you don't have your Medicare, Veterans or Centrelink card with you, you can contact Services Australia on 132 011. Alternatively, a pharmacist can contact the PBS Inquiry line 132 290 for these details.

Active Script List (ASL)

An Active Script List is a digital list of your electronic prescriptions. You can set up a list at your pharmacy. Make sure to take your mobile phone and any e-scripts you have. Once your pharmacy has registered you, any prescription you receive will be automatically added to your ASL. These are accessible by 85% of pharmacies across Australia.

Seeing a doctor

If you are unable to see your regular GP or visit your usual practice, there are other options available to you. South Western Sydney PHN will advertise on their website practices which are extending their opening hours, and where telehealth services are available www.swsphn.com.au.

After hours GP services are available after 6pm and on weekends. More details can be found about after hours healthcare services at swsphn.com.au

You can also contact Healthdirect on 1800 022 222 to speak with a health professional for advice.

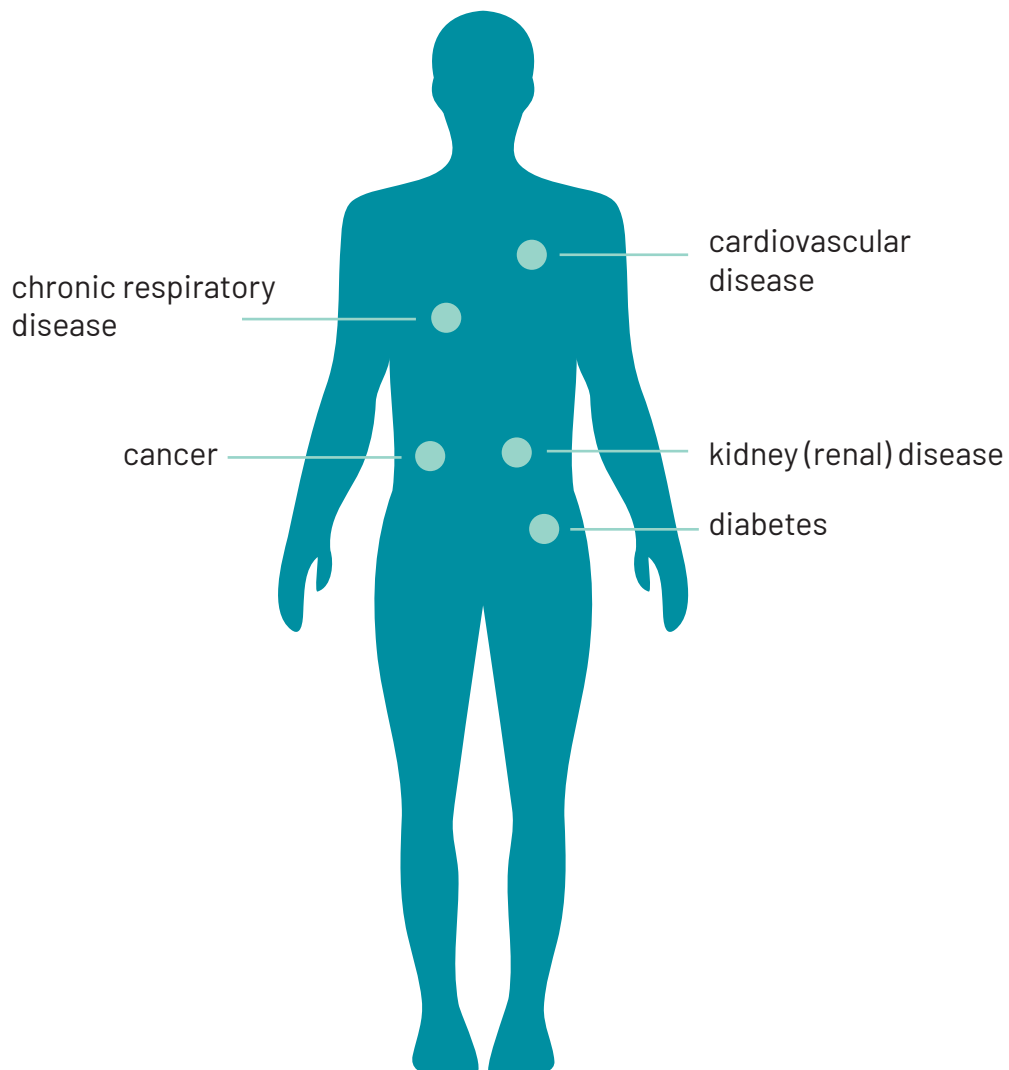
CONSIDERATIONS FOR CHRONIC HEALTH CONDITIONS



Did you know issues may arise during and after an emergency for people who may have certain chronic health conditions?



Consult with your doctor regarding how to manage your chronic health condition in an emergency.



WHERE CAN I ACCESS SERVICES?

Your wellbeing – mental health and community support services

Head to Health

Free mental health advice and support
Open 8.30am to 5pm weekdays (except public holidays)
Phone: 1800 595 212

Beyond Blue

Provides support and information to help everyone achieve their best possible mental health
Open 24/7
Phone: 1300 224 636

Lifeline

Provides crisis support and suicide prevention services
(as per the Lifeline website Who we are - Lifeline Australia)
Open 24/7
Phone: 13 11 14

Diabetes NSW

www.diabetesnsw.com.au
Phone: 9552 9942

Healthdirect

To speak to a registered nurse
www.healthdirect.gov.au
Phone: 1800 022 222



WHERE CAN I FIND INFORMATION?

Helpful contacts for residents

South Western Sydney Primary Health Network

www.swsphn.com.au (02) 4632 3000

Campbelltown City Council

www.campbelltown.nsw.gov.au (02) 4645 4100

NSW Rural Fire Service (bushfire)

www.rfs.nsw.gov.au 1800 679 737

NSW State Emergency Service (storm/flood)

www.ses.nsw.gov.au 132 500

NSW Police

www.police.nsw.gov.au 131 444

Emergency Translation for non-English speakers

Translation services for emergency situations only 1300 655 010

Mental health support

Find local, free or low cost mental health support services from the Headstart website: headstart.org.au

Get the right information in an emergency:

ABC Radio: ABC Illawarra 97.3 MHz FM

ABC Sydney 702 kHz AM

Hazards Near Me app

nsw.gov.au/emergency/hazards-near-me-app

Emergency Plus app

emergencyplus.com.au

MAKE A PLAN AND GET PREPARED

Red Cross Rediplan
redcross.org.au/emergencies/resources

the
power of
humanity



This brochure was created by South Western Sydney Primary Health Network (SWSPHN) in collaboration with Campbelltown City Council and in consultation with GPs, The Pharmaceutical Society of Australia and disaster experts.

