



Emergencies happen

the good news is, there are simple things you can do right now to get prepared.



Whether it's natural disaster, a car accident or a worldwide pandemic, emergencies can be challenging to deal with and have serious consequences on our lives.

Start by preparing your mind

Think about how you act under stress and think of some strategies you can use to stay calm. This will help you make the right decisions in stressful times.



Get in the know

Find out about the risks you face through reliable sources such as your city council, your local library, local emergency services, or people who have lived in your area for a long time.



Get connected

Being connected to people in your community means you can help each other during emergencies. To develop your networks, you can join a club, become a volunteer in a local organisation, or simply say hello to a neighbour and exchange contact details.



Get organised and pack

Think about the practical things you can do now to get prepared. For example, make copies of important documents and keep the originals in a safe place. Identify those things of sentimental value that you don't want to lose. It's also a good idea to make an emergency plan and pack an emergency kit in case you need to leave your home quickly.

To learn more, visit the Australian Red Cross website or download the Get Prepared App.



GET PREPARED

Protect what matters most

