

# GET READY

## Central Coast



Central  
Coast  
Council

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# ARE YOU EMERGENCY READY?

**Don't wait for a disaster to happen before you think about how you and your family are going to survive...**

In a major disaster emergency services may not be able to get to you. It is important that you, your family and your property are best prepared for the emergency, that you have a plan and resources for evacuation or the physical and mental ability, an appropriately

prepared property and the resources needed to stay and defend.

Preparation, in addition to being your best option for survival and property defence, is the best way you can help the emergency service workers who are trying to help and protect you and your property. Fire fighters, SES crews and other emergency workers are often volunteering their time and putting their lives at risk in an emergency. The least we can do is ensure we do not place an additional load on them by inadequate planning and preparation.

## Emergency Preparation 5 Simple Steps





**1. Know your risk**  
Think about the area you live in and the types of disasters that could affect you.



**2. Plan now for what you will do**  
Sit down and talk with your family and plan for what you will do if a disaster affects your area taking into consideration your risks, abilities and resources. Write down your plan and make sure everyone knows it.



**3. Get your home ready**  
Prepare your home by doing general home maintenance and checking your insurance.



**4. Be aware**  
Find out how to prepare and what to do if there is a disaster in your area. Connect with NSW emergency services (such as RFS, SES, Fire & Rescue, Police) to stay informed.



**5. Look out for each other**  
Share information with your family, friends, neighbours and those who may need assistance.



## STEP 1 Know your risk

### Your location?

- ☐ Is your property in fire or flood prone land
- ☐ Is your property susceptible to storm damage – trees, structures?
- ☐ Do you have industries, storage facilities or the like near your property that could be a risk?
- ☐ Do you live in area with one road in, one road out?
- ☐ Could your property become easily isolated with rising waters, tree falls or other causes of road closure.?
- ☐ Could you have difficulty getting into or out of your property?
- ☐ Is your property in a tsunami or landslip risk area?

### You and your family

- ☐ Do you have people in your home at greater risk or with less ability who will need assistance in an emergency?
- ☐ Do you have medications or specific medical conditions that will need special consideration in an emergency?
- ☐ Do you have pets and livestock that you will need to consider in an emergency?

### Your community

- ☐ Do you have people in your community who may need assistance in an emergency?
- ☐ How easy would it be to contact any vulnerable community members in an emergency?

### Your workplace

- ☐ What emergency evacuations plans does your workplace have?
- ☐ What work expectations will you have in an emergency?

### Your resources in an emergency

- ☐ How well prepared is your home and property for an emergency?
- ☐ How defensible is your home and property?
- ☐ How physically able are you and your family to protect your home in emergency situations?
- ☐ Do you have equipment and adequate resources needed for defending your property?
- ☐ Who in the community could assist in an emergency?
- ☐ Do you have a Neighbourhood Safe Place for fire in your area? A Neighbourhood Safe Place (NSP) is a last resort refuge, usually a large open space clear of fire hazards such as a car park or oval?
- ☐ How easy is your property to escape from in an emergency?
- ☐ How easy is it for emergency services to get to your property?
- ☐ What are communications like in your neighbourhood, especially if power is down?
- ☐ Do you have a well-planned escape route, a Plan B escape route and Plan C, D...?

### Your resources post emergency

- ☐ Do you have water and non-perishable food supplies in your home?
- ☐ Do you have cash (if power is down electronic transactions may not be available)?
- ☐ Do you have spare battery power for mobile phones AM/FM radios and other devices?
- ☐ Do you have contact details for important people and services?
- ☐ Do you have fuel in your car?



## STEP 2 Plan now for what you'll do

### Discuss possible scenarios and responses with your household

- What might happen in a fire, flood, east coast low, storm or tsunami?
- What would you do in the event of each of these emergencies?
- Where might you be in each of these emergencies (home, school, work)
- How will you stay in contact?
- Where would you go if you need to evacuate?
- Do you have medical conditions that need to be considered?
- What preparations do you need to make for pets and animals?

### What would you do if Plan A was not possible? Or Plan B or Plan C?

#### Record details on an Emergency Plan

- Identified emergency contacts in case you and your family become separated.
- Planned emergency evacuation routes with backups.
- Planned emergency meeting places in case you cannot return home, or you need to evacuate. One in your neighbourhood and another out of the probable danger zone
- Planned evacuation possibilities – friends and family or designated evacuation centres
- Trigger points for when you decide to evacuate
- All householder contact phone numbers and other important numbers
- Specific medical conditions, essential medications and dosage that will be needed
- Details for your pets – description, veterinarian contact details and medications.

- All tasks required prior to evacuating (storing electrical items off the ground, switching off main supplies – electricity and gas, sandbagging drains etc.)

### Ensure everyone is prepared

- Ensure everyone knows the plan
- Teach children how and when to call Triple Zero (000) in an emergency
- Share your emergency plans with family and friends

### Prepare Emergency Kits

In preparation for disasters it is best to have 2 emergency kits packed and ready to go.

- An emergency evacuation kit or Emergency Go Box
- An emergency kit with provision to sustain you through a period of isolation, no power or prolonged evacuation.

### COVID-19 Alert

Do you have a place you can evacuate to instead of the official designated Evacuation Centre. These facilities will have additional strains on them due to COVID social distancing regulations. If you have friends or family that you could evacuate to instead, this may be a better option but make sure you discuss these plans with them now.



# Emergency Kits

In preparation for disasters it is best to have 2 emergency kits packed and ready to go. An emergency evacuation kit and an emergency kit with provision to sustain you through a period of isolation, no power or prolonged evacuation.

## Emergency Evacuation Kit – Go Box

The need to evacuate may occur with little notice, preparing an evacuation kit before the need will save you time in an emergency and will be one less thing to stress about.

Your Emergency Kit contains the provisions for your essential needs in the event of an emergency and should include such things as important documents, essential medications and scripts, phones, chargers and back-up power sources, and small items of personal importance.

## COVID-19 Alert

Be aware of additional items you will need to stay safe under COVID safe conditions.

- ☐ Face masks for everyone
- ☐ Hand sanitizer
- ☐ Soap

## Longer Term Evacuation or Isolation Kit

- ☐ Water for 3 days (3 litres per person per day)
- ☐ Non-perishable food supplies
- ☐ Lantern
- ☐ Blankets / sleeping bag / pillow
- ☐ Camp cooker
- ☐ Antibacterial handwash / soap
- ☐ Clothes
- ☐ Spare batteries for everything

## Emergency Go Box Checklist

### General

- ☐ Important documents in waterproof pouch (passports, birth certificates, wills, insurances etc)
- ☐ Medical needs, prescriptions and spare glasses
- ☐ Mobile Phone, charger and spare power pack
- ☐ Important contact list (hard copy with numbers for emergency services, family and support team)
- ☐ Battery or wind up radio
- ☐ Waterproof matches
- ☐ Candles/lantern
- ☐ Flash light with spare batteries
- ☐ First aid kit
- ☐ Sealed snack
- ☐ Bottled water
- ☐ Personal hygiene and toiletry items
- ☐ Cash
- ☐ Valuables or mementos

### If you have young children

- ☐ Baby formulae and food
- ☐ Nappies
- ☐ Special items (teddy, special blanket etc)
- ☐ Entertainment (books or games)

### If you have pets

- ☐ Collar and name tags
- ☐ Lead
- ☐ Food, water and bowl
- ☐ Carry cage
- ☐ Photo of pet (in case it runs away or gets lost)

## EMERGENCY EVACUATION KIT





## STEP 3 Get your home ready

### General home maintenance

- Ensure your roof is in good condition and check it regularly, block places where embers can enter house or roof cavity
- Keep gutters and downpipes clear of leaf litter, best to install gutter guards to assist in this
- Install metal fly screens on windows and doors
- Ensure window and door seals are in good order
- Block up areas where embers can enter your house
- Place gas cylinders on more protected side of house
- Trim trees and overhanging branches
- Check and fix loose fittings and any damage to house
- Ensure hoses and hose fittings are in good working order

### General home preparation

- Ensure home, content and car insurances are current and adequate
- Trim trees and overhanging branches close to homes
- Identify strongest/safest places to shelter in place if needed for fire and storm
- Identify where and how to turn off electricity, water and gas supply
- Ensure gas cylinder outlets are facing away from the house
- Consider what arrangements are needed for pets in an emergency
- Ensure pets are microchipped
- Check if neighbours need assistance in preparation

### Storm Specific Preparation

- Ensure loose items are secure or safely stored
- Identify strongest room to shelter in a severe storm if needed
- Disconnect electrical appliances and external television and radio aerials
- Fill buckets and bath with clean water
- Close window shutters or tape glass with strong tape and draw curtains

### Flood Specific Home Preparation

- Store all poisons and garden chemicals well above ground level
- Identify indoor items that you will need to raise if flood threatens
- Consider alternatives to carpet
- Relocate power point to above past flood levels

### Final preparations when flood warning is issued

- Disconnect electrical appliances
- Move furniture, equipment, garbage, chemicals and poisons to a higher location
- Sandbag where needed including internal drains and toilets to prevent sewage backflow
- Evacuate when advised

### COVID-19 Alert

COVID constraints will make fighting fires and cleaning up after storms more difficult than usual. Making sure your home is well prepared for emergencies is your best option for keeping it safe.



### Fire Specific Preparation

#### If you live in a fire prone area

- Understand your risk and prepare accordingly
- Prepare a Bushfire Survival Plan (see RFS website)
- Ensure access to property is easy for fire vehicles
- Check pumps, generators and water systems are working correctly
- Understand Bush Fire Alert Levels and Fire Danger Ratings

### Final Preparations when fire warnings issued

- Review and enact your Bush fire survival plan
- Ensure you have access to regular updates of the emergency situation
- Monitor bush fire warnings and fire ratings
- If you plan to leave, leave early
- If you plan to stay ensure you and your house are appropriately prepared (see RFS checklist)
- Turn off gas mains and/or bottle

### Top five actions for a safer home



#### 1. TRIM

Trim overhanging trees and shrubs. This can stop fire spreading to your home



#### 2. MOW

Mow grass and remove the cuttings. Have a cleared area around your home



#### 3. REMOVE

Remove material they can burn around your home (door mats, wood piles, mulch, leaves, paint, fuel, outdoor furniture)



#### 4. CLEAR

Clear and remove the debris and leaves from the gutters and surrounding your home.



#### 5. PREPARE

Prepare a sturdy hose or hoses they will reach all around your home. Make sure you have a reliable source of water. If safe to do block downpipes and fill gutters with water.





## STEP 4 Be aware and keep informed

Emergency situations can change rapidly and significantly. If you have an emergency in your area, make sure you know how to find out the latest information, check in regularly and act on advice.

### ABC

The ABC is the local emergency broadcaster and will provide regular updates and warnings in an emergency.

- **ABC Central Coast 92.5 FM**
- ABC Sydney 702 AM
- ABC Newcastle 1233AM
- ABC Listen App

### Websites

- Central Coast Council Dashboard  
[centralcoast.nsw.gov.au/emergencies](http://centralcoast.nsw.gov.au/emergencies)  
A one stop emergency information source
- Fires Near Me NSW  
[rfs.nsw.gov.au](http://rfs.nsw.gov.au)  
Up to date information on all fires in NSW
- Floods Near Me NSW  
[ses.nsw.gov.au](http://ses.nsw.gov.au)  
Information on all NSW storm, flood and tsunami events
- Bureau of Meteorology  
[www.bom.gov.au](http://www.bom.gov.au)  
Forecasts, weather information and warnings
- ABC Emergency  
[abc.net.au/emergency/](http://abc.net.au/emergency/)  
A national emergency portal with updates and advice

### Phone Apps

- Fires Near Me NSW
- Floods Near Me NSW
- Emergency +
- Get Prepared Red Cross
- ABC Listen
- Red Cross First Aid
- Live Traffic NSW

### Social Media

Follow social media sites that will give accurate and up to date emergency advice and warnings

- Central Coast Council
- NSW RFS – Central Coast District
- ABC Central Coast
- ABC Emergency
- SES Gosford
- SES Wyong



### Listen and Watch Out

- For Standard Emergency Warning Signal (SEWS) – the siren sound used at the beginning of serious warnings on radio and television. Pay careful attention to the message that follows SEWS and act immediately on advice given
- For emergency Alert voice or text messages sent to your mobile phone
- For sirens or load-hailer announcements that Emergency Services may use
- For emergency service personnel who may door-knock your local area to pass on warnings

### ACT

- Ensure you are aware of the warnings and advice levels
- Check on neighbours and vulnerable people in your community to see if they need assistance
- Activate your emergency plan, locate your emergency kit

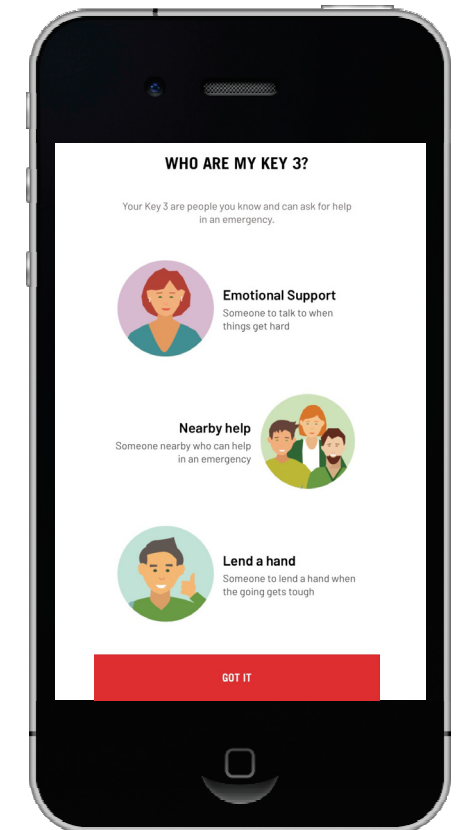


## STEP 5 Look out for each other

A connected community is a strong and resilient community. It is important in an emergency to look out for others in your community, especially those who may need assistance in preparation, evacuation and recovery.

- Share information with family, friends and neighbours about preparing for emergencies
- Identify those in your neighbourhood who may need help to prepare. If your neighbour's house is at risk, yours is too!
- Identify those who will need assistance in an emergency and plan for this
- Identify what resources could be shared in your community before, during and after an emergency
- Look out for each other in recovery, the stress of an emergency will impact on everyone differently
- Remember everyone has something to offer in an emergency, help can come in many ways during a disaster
- Create contact lists for your community so in an emergency communication will be much easier

Don't wait for the emergency to build your community networks, get to know each other now, identify your community strengths and weaknesses and plan for them. A strong well-prepared community will have a better outcome in an emergency and will bounce back after much faster.



Red Cross Get Prepared App





# Bushfire

You don't have to live in the bush to be threatened by bushfire, just close enough to be affected by burning materials, embers and smoke. In severe, extreme or catastrophic conditions, bushfires can quickly move long distances, jump containment lines and spot far in front of the main fire line.

It is important to prepare your home and property well before the fire season starts and to have a Bushfire Survival Plan developed and ready to enact should the worst happen. People who plan and prepare for a bushfire are more likely to survive than those who do not.

**PREPARE. ACT. SURVIVE.**

## Prepare

Planning and preparing for bushfire is essential for survival and property protection. For a step by step guide to understanding your risk level and how to develop a Bushfire Survival Plan go to the Rural Fire Service website

## Act

During a fire emergency stay informed to all emergency warning information and enact your Bushfire Survival Plan according to the current Bushfire Warning Level. If your plan is to leave, make sure you leave early. If you plan is to stay, ensure you and your property are appropriately equipped. Ensure that all family members know the plan and are prepared for it

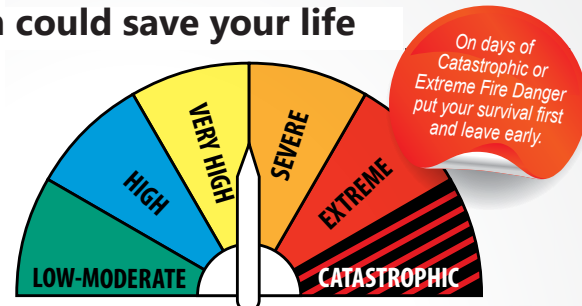
## Survive

Follow your plans to stay alive. If your plan is to leave, LEAVE EARLY.

## Fire Danger Ratings –knowing what they mean could save your life

**Catastrophic** – for your survival leaving early is the only option

**Extreme** - Leaving early is the safest option for your survival



## Bushfire Warning Levels

### Advice

A fire has started. There is no immediate danger. Stay up to date in case the situation changes.



### Watch And Act

There is a heightened level of threat. Conditions are changing and you need to start taking action now to protect you and your family.



### Emergency Warning

An Emergency Warning is the highest level of Bush Fire Alert. You may be in danger and need to take action immediately. Any delay now puts your life at risk.

## Bushfire Survival Plan

If you are at risk of bushfire go to [rfs.nsw.gov.au](http://rfs.nsw.gov.au) for step by step instructions on how to prepare your BUSHFIRE SURVIVAL PLAN

# Flood and Severe Storm

Understand your risks for flood, severe storm or tsunami and prepare and plan for them. The State Emergency Service (SES) are the lead agency for these emergencies and can be contacted for assistance in non-life threatening emergency situations. The SES is available 24 hours a day, 7 days a week.

## Flood

Know your risk - Central Coast Council have online flood mapping tools to help you determine your property flood risk. [maps.centralcoast.nsw.gov.au/public/](http://maps.centralcoast.nsw.gov.au/public/)

With increasing unpredictable and extreme weather patterns Central Coast residents are advised to be flood aware and, if close to areas that are prone to flooding, have a flood plan.

To learn more about preparing for floods and to develop your own flood plan go to:

SES FloodSafe - [ses.nsw.gov.au](http://ses.nsw.gov.au)

## General Flood Advise

- Listen to local radio: ABC 92.5FM /702AM
- Check Bureau of Meteorology updates.
- Prepare property and home
- Be prepared to evacuate.
- Identify your safest route to safety
- Act early before roads are closed by floodwater.
- Never drive or walk through floodwaters
- Have supplies of food and drinking water
- Prepare for power outages especially for communication, lighting and cooking

## Know who to call

In life-threatening emergencies call 000 (triple zero). For emergency help in floods, storms and tsunami, call the NSW SES on:



**132 500**

## Storm

The Central Coast is prone to both summer tropical storms and east coast lows. Both of these events can endanger lives and cause extreme wind and rain damage to property. If storm or extreme weather events are forecast, ensure your property is well prepared and you and your family have a plan to ensure safety

- Clean out gutters and downpipes
- Secure or put away loose items in your yard or on your balcony
- Check your roof is in good repair
- Cut back overhanging trees and branches
- Prepare and place protective sandbags
- Stay informed of the situation
- Have supplies of food, drinking water
- Prepare for power outages especially for communication, lighting and cooking

## After the storm has passed

- Watch for dangerous trees and live power lines - Report to Ausgrid - 13 13 88
- Check on neighbours and vulnerable community members

# If it's flooded forget it








# Heatwave

A heatwave is an extended period of very high summer temperatures. The Central Coast does experience heatwaves each summer with conditions usually worsening with distance from the coast. Heatwaves do adversely affect the community and have caused more loss of life in Australia than any other natural hazard.

## During a heatwave

|   |   |
|---|---|
|    | <b>1. Stay Cool</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Keep your body cool</li><li><input type="checkbox"/> Find a cool shady spot and avoid hot, closed spaces</li><li><input type="checkbox"/> Wear light, loose cotton clothes</li><li><input type="checkbox"/> Use a spray bottle to wet clothes down</li><li><input type="checkbox"/> Stay out of the sun 10am – 3pm</li><li><input type="checkbox"/> Slow down and take it easy</li><li><input type="checkbox"/> Keep animals in shade with plenty of water</li></ul> |
|   | <b>2. Stay hydrated</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Drink plenty of water often to avoid dehydration</li><li><input type="checkbox"/> Avoid drinks with alcohol, caffeine or high sugar</li><li><input type="checkbox"/> Eat small meals often</li><li><input type="checkbox"/> Monitor hydration level through urine colour. The darker the colour, the more dehydrated you are. Drink more water.</li></ul>  |
|  | <b>3. Look out for each other</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Look after yourself</li><li><input type="checkbox"/> Ensure friends and relatives are ok</li><li><input type="checkbox"/> Check on elderly neighbours</li><li><input type="checkbox"/> Young babies and the elderly are especially vulnerable to heat stroke</li><li><input type="checkbox"/> Ensure pets have water and shade</li></ul>   |

Remember the 4 key messages to keep you and others healthy in the heat



**1** keep yourself cool



**2** stay hydrated with water






**3** look out for each other



**4** plan ahead for the heat

## Before a heatwave

|   |   |
|---|---|
|  | <b>1. Plan ahead for the heat</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Regularly check your local forecast</li><li><input type="checkbox"/> Get medical advice regarding how heat may affect your medications</li><li><input type="checkbox"/> Consider possible places to go to escape the heat</li><li><input type="checkbox"/> Put together a small emergency kit in case of power loss</li><li><input type="checkbox"/> Have a plan for cooling if power is cut</li></ul> |
|  | <b>2. Prepare home and garden for summer heat</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Install insulation into walls and roof cavities</li><li><input type="checkbox"/> Install blinds, external to house on western walls</li><li><input type="checkbox"/> Plant strategic trees to block sun on the house</li><li><input type="checkbox"/> Plant trees for cool garden refuges</li></ul>  |
|  | <b>List your possible Cool Spots</b> <ul style="list-style-type: none"><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li><li><input type="checkbox"/> _____</li></ul>   |

### COVID-19 Alert

During COVID Social distancing restrictions your usual cool spots may have limited capacity or not be open. Even visits to the beach may be limited. This summer take time to think of extra possible Cool Spots” and put even more effort into preparing your home and yourself for staying cool







Get Ready Central Coast

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October 2020