

EMERGENCY READY

Are you prepared to manage
your health in an emergency?
Plan ahead to stay safe and well.



Be Healthwise



Stay Safe

Penrith Disaster Preparedness

The Penrith community has faced, and will continue to face, natural disasters, including storms, floods, bushfires and extreme heat. These disasters impact on our everyday lives and create additional stresses on our finances, health and wellbeing.

To stay safe and well in an emergency or disaster, it's important to be health-wise. You can build your resilience, be prepared and safeguard your health and the health of your household and pets by knowing your health risk and making a plan.







Be Healthwise

Being health-wise means having a plan in place to ensure you have all the medicines, equipment and supplies you need on hand or readily accessible and contact information for medical services and GPs available in the event of a natural disaster or emergency.

If you have a chronic illness or disability, you may be more susceptible to the impacts of natural disasters such as extreme heat. It is good to be prepared for when a natural disaster or an emergency situation occurs.



Managing your health

Create a plan to suit your needs

- Download and fill in a **RediPlan**
- Create your plan on your phone or device with the **Get Prepared App**
- If you have a disability, rely on specific life support equipment, or have other specific health or care needs you can complete a Person-Centred Emergency Preparedness (P-CEP) plan.



Keep your plan with your emergency kit in a safe place, familiarise yourself with your plan regularly to keep it up to date, and share your plan with family and carers.





Discuss your plans with your doctor

To be health-wise in an emergency or during and after a natural disaster, it is important to discuss your plans with your doctor, especially if you or someone you care for has a chronic health condition.

There are some condition-specific support and resources available to assist you, such as the **Diabetes Disaster Plan** and the Nepean Blue Mountains Primary Health Network resource on **planning for your health condition**.



In emergencies, healthcare providers can access your medical details through My Health Record, a secure platform storing your medical history, allergies and medications online. It is important you set this up before an emergency or disaster. Your doctor can help and upload all your medical data to My Health Record.

You can also download the **My Health app** on your mobile device to have access too.



Assemble an emergency kit

Include any essential supplies, such as blood glucose monitoring equipment, spare batteries, medications and prescriptions.

Prepare for power outages

A disaster or emergency may cause a blackout, and your power may not come back on for an extended period of time. When the power goes out, be prepared. Store your medication safely and ensure you have continued access to life support equipment. Create a **Power Outage Plan**.



Communicate your needs

Carry a list of your medications in case of shortages. If you have to leave your home and go to an evacuation centre, let the staff at the centre know about any health conditions and medication needs.

Establish a support network

Arrange for a neighbour, friend, or family member to check in or assist you if you need to evacuate, particularly if you don't drive or own a car.

Are you using medical equipment at home?

When a power outage happens to you,
know what to do.

✓ Check ✓ Plan ✓ Do



lifesupport.poweroutageplan.com.au

Accessing medication and medical records

During a natural disaster or emergency, you may need to leave your home. It is important that you have enough medication, access to your prescriptions and any medical records you may need.

If you leave home without your prescriptions or medicines or they are lost, you can:



- **Contact your doctor** – They can send a prescription to a nearby pharmacy. If your regular doctor is not available visit the **healthdirect** website or call 1800 022 222 to speak to a health professional for advice.
- **Speak to a pharmacist** – In a declared emergency, they can provide a three-day emergency supply of many medicines without a prescription or call your doctor for a verbal prescription.



- **Set up an active script list** – Ask to set this up with your pharmacist. Your pharmacist or doctor can then access these scripts in an emergency. For more information go to **digitalhealth.gov.au**
- **Request an eScript** – Your doctor can send you an electronic prescription.
- **Use TeleHealth** – If you can't visit your doctor, find a TeleHealth provider using the **healthdirect service finder**.



- **Put together an emergency kit** – Keep medications, prescriptions, and health cards in your emergency survival kit.
- **Keep contact details in a safe place** – Write down or keep your doctor's contact details in your phone in case you need a new prescription.



Stay Safe

Before, during and after a natural disaster can be a stressful and emotional time.

Being emotionally prepared and planning ahead can help you feel more in control and enable you to better cope with the situation and stay safe.



Wellbeing

It is important to not only look after your physical health, but also your emotional and mental health.

The **Australian Psychological Society** outlines four steps to prepare:

- **Anticipate:**
Think about the potential emotional impact of a disaster on yourself, your family, and your community. Consider how you might feel, how you might react and respond, how you have handled difficult situations before, and what resources you might need to prepare.
- **Identify:**
Identify specific anxieties or concerns you may have and openly communicate these with others in your household or support network. This could involve identifying what specific fears you have about the disaster and what you need to be safe and healthy.
- **Manage:**
Develop coping mechanisms to help you manage any stress and anxiety that you may feel, such as practicing mindfulness, engaging in relaxation techniques, connecting with loved ones, or focusing on practical tasks
- **Engage:**
Connect with support networks and get to know services available in your area.



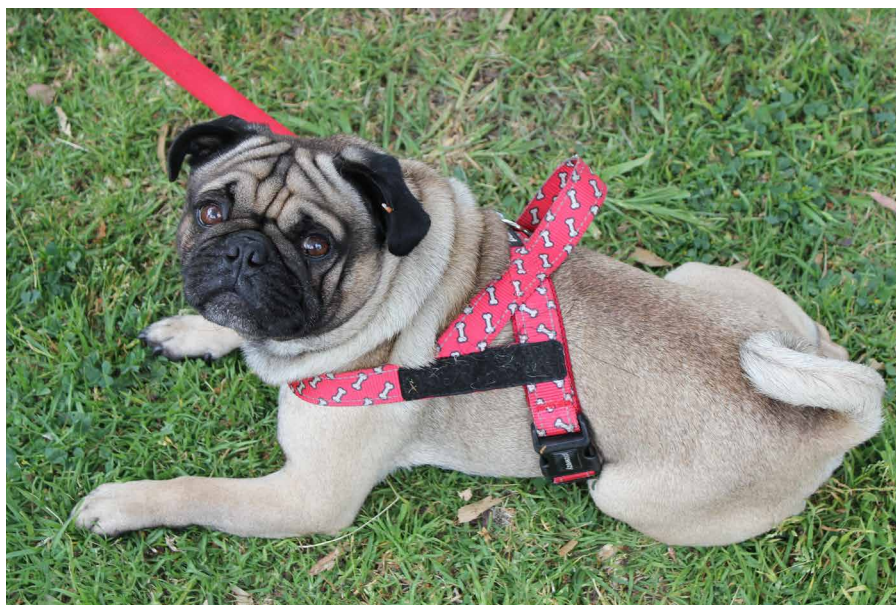
Free mental health support
is available through the
**Penrith Medicare Mental
Health Centre.**



Pet and support – animal health and safety

Our pets depend on us to keep them safe in a natural disaster or emergency. Ensuring the safety of your pets, and/or your assistance or support animal, means making a plan, being prepared, knowing what to pack and where to go if you need to evacuate, and keeping them safe if they are feeling anxious or stressed.

- Monitor your pet for signs of stress and anxiety or health concerns. During disasters, such as storms, bushfires and extreme heat, provide comfort and a safe space for your pets.
- Identify a safe place to take your pets if you need to evacuate, and plan how you will transport them.
- Pack an emergency kit for your pets, including food, water, any medications, leash/harness, grooming items, toys, bedding and a carrier if needed.
- Make sure your pet is microchipped and registered and has a collar and ID tag with your current contact details
- Pack your pet's registration information and medical information, including vaccination records and contact numbers for your veterinarian.



Health service directory

After hours doctor and pharmacy services

HealthSave Penrith

24 Hour Pharmacy

438 High Street, Penrith

(02) 4721 5527

Open 24 hours

Penrith Medicare Urgent Care Clinic – Nepean Health Hub

Ground Floor, 13 Barber Avenue,
Kingwood

7 days, 8am–10pm

Penrith After Hours Doctors

Nepean Village, Shop 51/122 Station
Street, Penrith

(02) 4789 0229

6pm to midnight weekdays, 3pm to
midnight Saturday/Sunday

Dr Closed

After hours doctor service.

doctorclosed.com.au

Health Direct – Provides 24-hour advice over the phone and online

1800 022 222

Open 24 hours

healthdirect.gov.au

PBS – Pharmaceutical and medications questions

1800 020 613

Monday to Friday from
8:30am–5pm

Community links

Nepean Blue Mountains Primary Health Network

Information on preparing for
disasters and emergencies.

[nbmphn.com.au/
disastersandemergencies](http://nbmphn.com.au/disastersandemergencies)

Beyond Blue

Provides support and information
to help everyone achieve their best
possible mental health.

1300 224 636

24 hours, 7 days a week

Medicare Mental Health Centre

Free mental health advice and support.

111 Henry Street, Penrith

1800 595 212

This service is open for walk-ins (without
the need for a prior appointment)

7 days per week, including public holidays.

Open 1–9:30pm (Monday, Wednesday –
Sunday) and from 1–5pm on Tuesdays

Lifeline

Provides crisis support and suicide
prevention services.

13 11 14

24/7

penrith.city/emergencyready