

Emergency Contingency Plan for Families and Friends

Although we all hope this plan will never be needed please take the time to read these instructions and fill out the following tables. It could just be the best 20 minutes you ever spent.

Please print this out for all your friends and family, advising them that they should keep a copy at home, another in the car, at work and one in their wallet if possible.

This is a general guide for any emergency or natural disaster.

The further in advance you know about an impending disaster, of course, the better you can adapt your plan and prepare yourself for it, though you should be prepared for all types.

NOTE: PLEASE TURN YOUR RADIO ON AND FOLLOW ALL INSTRUCTIONS FROM LOCAL GOVERNMENT BEFORE DECIDING ON ANY COURSE OF ACTION YOURSELF

Disclaimer: this information is for your reference only. The author has no control over what you may or may not do with this information and therefore cannot accept the responsibility for your results. If you have concerns or issues, seek the advice of a qualified professional.

Basic steps

Keep your car in good condition with a full tank of fuel whenever possible.

Keep a complete emergency supplies kit, preferably waterproof, in your car and house with all the following items if possible-

- Wind-up or battery powered radio and a good stock of batteries
- First Aid Kit with basic medicines
- Matches
- Water Filter
- Torch
- Compass
- Needle & Thread
- Penknife
- Mirror
- Cash \$\$
- Flares
- Jumper cables
- Food and Water (3 days worth or more preferably)
- Sanitation items such as baby wipes
- Whistle
- Baby items (milk etc.) if necessary

- Blankets, warm clothes and waterproofs

Keep all your important documents, such as passports, insurance policies, title deeds etc. together, somewhere a burglar will not find them but where all the family knows and has access. Also take photocopies and distribute. Include a home inventory list as provided in the guide.

Ensure all the family knows how to shut down the power, gas, and water etc, supplies, if necessary (listen for instructions on the radio). **SEEK ADVICE BEFORE TURNING IT BACK ON.**

Decide on at least 3 meeting points, 1 near your home, 1 in another part of the city such as near a school or office and another out of town. Which one to use will depend on the time of day (school time, evening etc.) and accessibility (determined by the nature of the emergency). Identify the community warning systems and evacuation routes and ensure everyone is aware of them.

Establish recognised contact phone numbers including medical and police numbers as well as family members. You should choose 1 family member that lives out of the state as he/she will become a type of call center or first contact for everyone to call if local numbers are unavailable. You can print and distribute this small form to carry on your person at all times.

Then fill out and distribute the next form, ensuring all family members have a copy at home, in their car, at work etc.

Hopefully this will never be used but you can never be too careful.

Take care and good luck,

Ed Steel

CONTACT NAMES

SOCIAL SECURITY /MEDICAL INFO

TELEPHONE NUMBER (LAND & MOBILE)

E.G. ETHEL STEEL

NX 989 000 Z DIABETIC

0302 524 8974 0731 508 2223

ESCAPE/RETURN ROUTE

OUT OF TOWN CONTACT TELEPHONE/EMAIL

MEETING POINT 1

MEETING POINT 2

MEETING POINT 3

LOCAL POLICE STATION

REGIONAL POLICE HQ

LOCAL HOSPITAL/GP

REGIONAL HOSPITAL

BURNS UNIT OR SIMILAR

VETERINARIAN

FIRE DEPARTMENT

PHARMACIST

INCIDENT EMERGENCY LINE (OR SIMILAR)

TERRORISM VICTIM HELPLINE

INSURANCE COMPANY

ELECTRICITY COMPANY

GAS COMPANY

CREDIT CARD COMPANY

2ND CREDIT CARD COMPANY

NOTES