



Who can help?

Your support network can help

In an emergency you can get help from your **support network**.



Support network means people you know and trust to help in an emergency.



You should ask 3 or more people you know to be in your support network.

For example

- family



- friends



- people at work

- neighbours



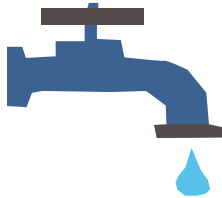
- carers.

In an emergency you might also need to contact important services.

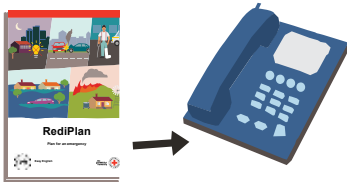


For example

- electricity and gas
- water
- internet
- carer service.



You will have less stress when you have these numbers somewhere close by.



Write your information

Write the names and phone numbers of important services.





To feel less stress in an emergency

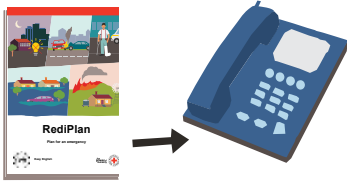
- take deep breaths



- talk to yourself in a positive way
 - for example, **I can do this**



- help other people to stay calm



- have your emergency plan close by.

Write your information



Write the things you can do to have less stress in an emergency.



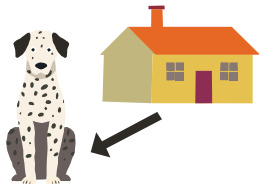
Plan for your animals

It is also important to think about how to care for your animals in an emergency.

For example



- how to move your animals



- where your animals might stay



- what food your animals might need



- what medicine your animals might need



- how to contact the vet.

You should keep copies of important documents in your kit.

For example

- birth certificate

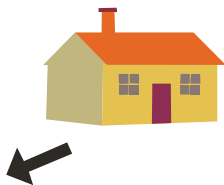


- insurance documents

- passport



- will.



You should also keep copies of important documents in a safe place **away** from your home.

For example, with a person in your support network.

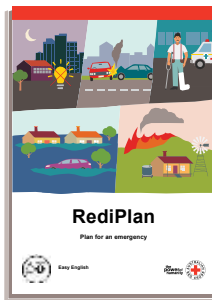


How to help other people plan for an emergency

You can tell people



- your story
- what you know about emergencies
- how to make an emergency plan.



More information

Go to our website

redcross.org.au/prepare

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