

Get Ready Health

Looking after your health in an emergency

The Blue Mountains has natural disasters like storms and bushfires, and very hot days. These emergencies can affect your health, money and daily life.

Emergencies can cause problems like the power going out, roads being closed and delays in getting help, and it can take time for services to be fixed and available again.

For important local alerts, information and updates during a natural disaster or emergency visit the Blue Mountains Emergency Dashboard:

emergency.bmcc.nsw.gov.au



Be prepared to look after yourself

If you or someone you care for has a health condition, planning ahead will help keep you safe during an emergency.

- Ask your doctor how disasters like storms, bushfires, or heatwaves may affect your health condition. For example, how should you prepare if you have asthma, diabetes, or arthritis?
- Make a plan for what to do if the power goes out. For example how will you keep medication cold or keep health equipment that needs electricity working.
- Think about who you may be able to ask for updates on the situation or help you leave quickly.
- Emergencies can be stressful and it's important to also look after your mental health.
- Consider setting up an online health record with My Health Record. This is a safe online system where information about your medical history, medicines, and allergies are stored. You and your doctor can access it anytime, even in an emergency. Find out more at digitalhealth.gov.au.
- In an emergency, make sure you let emergency workers know about your health conditions and needs.

Emergency health kit

Preparing a kit to look after your health during an emergency is an easy and efficient way to know you've got everything organised and under control. Use the checklist to make sure you've included everything you need.

Emergency health kit checklist:

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| <input type="checkbox"/> Medications (e.g. insulin, glucose) | <input type="checkbox"/> Bottle of water |
| <input type="checkbox"/> Prescriptions | <input type="checkbox"/> List of your medicines |
| <input type="checkbox"/> Spare batteries | <input type="checkbox"/> Contact details of your doctor and health services |
| <input type="checkbox"/> Health equipment | <input type="checkbox"/> Contact details of neighbours, family or friends who may be able to assist you in an emergency |
| <input type="checkbox"/> Snacks | |

Medication in an emergency

If you lose your prescriptions or medicines:

- **Contact your doctor.** They can send a prescription to a nearby pharmacy.
- **Ask a pharmacist.** In an emergency, a pharmacist can give you a short supply without a prescription.
- **Active Script List.** Ask your pharmacist to store prescriptions online so they can be accessed anywhere.
- **eScripts.** Your doctor can send prescriptions by SMS or email.
- **Telehealth.** If you can't visit your doctor in person, use an online or phone appointment.

Living with disability

If you have a disability or need special equipment, make a Person-Centred Emergency Preparedness (P-CEP) plan. The Belong Blue Mountains Be Ready Team can help. Call 4782 1117 or email info@belongbm.org.au to find out more.

If you have low vision or hearing, set up alerts and use the National Relay Service to contact emergency services. Find out more at: accesshub.gov.au/about-the-nrs.

Don't forget your animals

Make a plan for your pets or assistance animals. Think about what to pack, how to move them, and where they can stay. Find out more on the SES website: ses.nsw.gov.au/get-ready-animals.

Helpful websites and phone numbers

Emergency (Fire, ambulance, police)	Phone: 000 (dial triple zero)
Blue Mountains Emergency Dashboard Important local alerts, information and updates during a natural disaster or emergency.	Website: emergency.bmcc.nsw.gov.au
Blue Mountains Get Ready Directory Lists of local help and services.	Website: bmcc.nsw.gov.au/documents/resource-directory-preparing-for-and-recovering-from-emergencies
The Australian Red Cross RediPlan Easy to use plan to prepare yourself and household for natural disasters and emergencies.	Website: redcross.org.au/prepare
Planning for Electricity Outage	Website: poweroutageplan.com.au
Translation and Information Service (TIS) Help with English language translation	Phone: 131 450 Website: tisonline.gov.au

Health specific resources

Healthdirect 24-hour health advice over the phone and online.	Phone: 1800 022 222 Website: healthdirect.gov.au
'Dr Closed' Find a doctor or urgent care, or talk to a nurse (available for Blue Mountains, Hawkesbury, Lithgow and Penrith).	Website: doctorclosed.com.au
Wentworth Healthcare – Primary Health Network <ul style="list-style-type: none"> Disaster Planning for your health condition including diabetes, lung disease, pregnancy, neurological diseases. Translated information in different languages. Resources for Aboriginal and Torres Strait Islander peoples. 	Website: nbmphn.com.au/DisastersandEmergencies 
Pharmaceutical Benefits Scheme Pharmaceutical and medications questions.	Phone: 1800 020 613 Monday to Friday, 8.30am - 5pm
My Health Record, My Health App and Active Script List Creating an online health record.	Website: digitalhealth.gov.au
Beyond Blue 24-hour support and information about mental health.	Phone: 1300 224 636
Medicare Mental Health Services Free mental health advice and support.	Phone: 1800 595 212 8.30am - 5pm weekdays (except public holidays)
Lifeline 24 hour emotional crisis support and suicide prevention.	Phone: 131 114