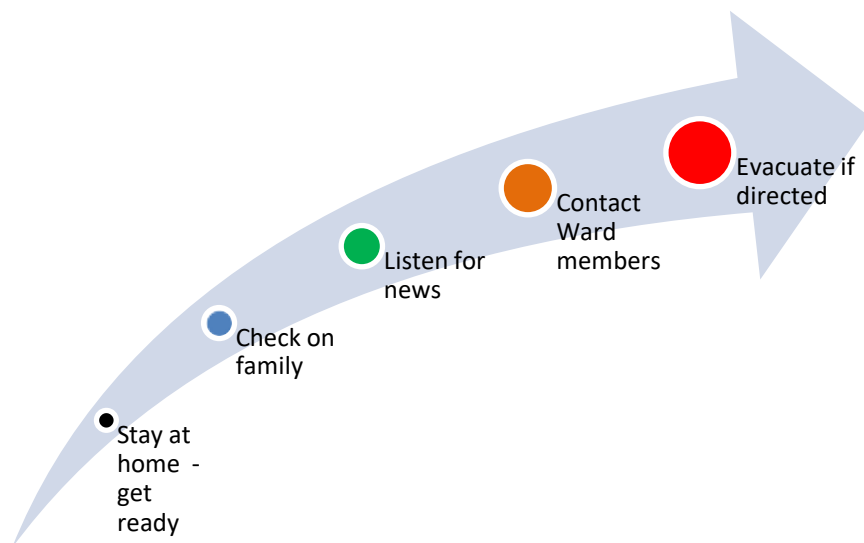


My Family Emergency Plan



- Stay in our home even if it is damaged until disaster is over and things are back to normal. Unless either it is too dangerous to stay or we are advised/ordered to leave. Go over the plan, contact numbers and prepare your house, animals, emergency and/or evacuation (72 hour) kit etc. as per the GCCC Community Disaster Guide.
- Our family's meeting place if disaster strikes while we are not home and our home is unsafe to go to or we are told we are not allowed in the area of our home and we are not specifically directed to a particular emergency assembly point.

Meeting place, if safe, in order of priority:

1.
2.
3.
4.

Who checks on who: _____

If we cannot contact each other by mobile phones and there is no one at home, leave a message on answering machine @ home and then phone and leave a message with 2 of the outside our area contacts below (in order of priority) & phone back in ½ hour (N.B. if you cannot get through to either of the first 2 then phone the next & so on):

	Name	Number
1.		
2.		
3.		
4.		

- Listen to ABC Radio 95.7 FM, 91.7 FM or 90.1 FM or other commercial stations
- Call and report to your Home or Visiting Teachers. Home and Visiting Teachers will report to the relevant presidency member. They report to a Bishopric member and finally, the Bishop.

Ministering Brothers		Elders Quorum Pres/Counsellor	
Ministering Sisters		RS Pres/Counsellor	

- Turn off water, power, gas, take 72 hour kit and follow direction of Emergency agencies. Leave a conspicuous note in a prominent place advising people of your whereabouts.

Emergency Contact Numbers

Ambulance	Local 131 233	Urgent 000
Fire	Local 1800 020 440	Urgent 000
Police	National Police Link 13 14 44	Urgent 000
State Emergency Service	National 13 25 00 QLD Local	
Red Cross	5539 7000	
GCCC Disaster Hot Line	1800 637 000	
Weather forecast & storm warning	www.bom.gov.au	
GCCC Customer Contact Centre	1300 366 692 - Water and Wastewater select option 2	
Volunteer Marine Rescue	Southport 5591 1300	
Gold Coast Hospital	General Enquiries 5519 8211	
Pindara Private Hospital	5588 9888	
Veterinary practice		
Medical centre		
High School		
Primary School		
Insurance		
Aged Care Info	1800 500 853	
Kids Help Line	National 1800 551 800	
Department Communities - Child Safety `	QLD 1800 81 1810	
Child Protection Help-line	NSW 13 21 11	
Commonwealth Respite Care-link	1800 052 222	
Parentline Counselling	1300 301 300	
Electricity / Gas Emergencies (Energex)	13 19 62	
GCCC after hours Emergency	1800 637 000	
Poisons Information	National 13 11 26	

Family and Personal Contacts

Your home number _____

Your home address _____

	Work/School/at Friends	Mobile Phone
Husband		
Wife		
Child		
Child		
Child		
Child		
Child		
Child		
Family/Friend/Neighbour		
Family/Friend/Neighbour		
Family/Friend/Neighbour		

Church Contacts in priority of contact for all occasions stating from the top

	Name	Mobile Phone
Ministering Bro / Sister		
Ministering Bro / Sister		
Quorum or RS Councillor		
Elders or HP Leader		
Relief Society President		
Ward Executive Secretary		
Bishopric Councillor		
Bishop		

72 Hour Emergency Kit

72 Hour Emergency Kit

By Rachel Woods, About LDS Guide, <http://lds.about.com>

Notes:

- Update your kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged.
- Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
- Older children can be responsible for their own pack of items/clothes too.
- You can include any other items you feel are necessary for your family's survival.
- Some items and/or flavors might leak, melt, "flavor" other items, or break open. Dividing groups of items into individual Ziploc bags might help prevent this.

Food and Water

(3 day supply of food & water per person when no refrigeration/cooking is available)

- ☐ Protein/Granola Bars
- ☐ Trail Mix/Dried Fruit
- ☐ Crackers/Cereals (for munching)
- ☐ Canned Tuna, Beans, Meat, Vienna Sausages, etc ("pop-top" cans might leak/explode & Jerky can "flavor" other items)
- ☐ Canned Juice
- ☐ Candy/Gum (Jolly ranchers can melt & mint gum might "flavor" other items)
- ☐ Water (1 Gallon/4 Liters per person)

Bedding and Clothing

- ☐ Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
- ☐ Undergarments
- ☐ Rain Coat /Poncho
- ☐ Blankets and Emergency Heat Blankets
- ☐ Cloth Sheet
- ☐ Plastic Sheet

Fuel & Light

- ☐ Battery Lighting (Flashlights, Lamps)
- ☐ Extra Batteries
- ☐ Flares
- ☐ Candles
- ☐ Lighter
- ☐ Water-Proof Matches

Miscellaneous

- ☐ Bag or Bags to put 72 hour kit items in (such as duffel bags or hiking back packs, which work great)
- ☐ Infant Needs (if applicable)

Equipment

- ☐ Can Opener
- ☐ Dishes/Utensils
- ☐ Shovel
- ☐ Radio (with batteries!)
- ☐ Pen and Paper
- ☐ Axe
- ☐ Pocket Knife
- ☐ Rope
- ☐ Duct Tape

Personal Supplies & Medication

- ☐ First Aid Supplies
- ☐ Toiletries (roll of toilet paper—remove center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc)
- ☐ Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc. Warning: Scented soap might "flavor" food items.)
- ☐ Immunizations Up-to Date
- ☐ Medication (Acetaminophen, Ibuprofen, children's medication, etc.)
- ☐ Prescription Medication (for 3 days)

Personal Documents and Money

(Place these items in a water-proof container!)

- ☐ Scriptures (miniature ones are lighter)
- ☐ Genealogy Records
- ☐ Patriarchal Blessing
- ☐ Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts)
- ☐ Vaccination Papers
- ☐ Insurance Policies
- ☐ Cash
- ☐ Credit Card
- ☐ Pre-Paid Phone Cards