

EPILEPSY, CLIMATE EMERGENCIES & DISASTERS

FACT SHEET



CLIMATE EMERGENCIES & DISASTERS

Disasters and unexpected or severe weather can happen anytime, in any part of the country.

From earthquakes, bushfires, storm damage or floods, we all may be in the path of a nature-related emergency at some time. Thinking and planning ahead can lessen the damage and even save lives.

If you or a loved one lives with epilepsy or any chronic health condition, here are some things to think about, beyond food and shelter, to help you stay safe.



Have a plan

Your family may not be together if a disaster strikes, so work out how you'll contact one another and reconnect if separated. If appropriate, establish a family meeting place that's familiar and easy to find.

Depending on the type of weather emergency you are expected to experience, it is important to plan whether you are going to stay or leave.

How will you receive early emergency alerts and warnings? Find out local services or Apps (such as Country Fire Service) for your area and connect with them to be contacted with alerts.



If you take regular medication, make sure you always have enough on hand. This is especially important during high-risk seasons or in areas prone to emergencies.

If a natural disaster is approaching and you're running low, contact your doctor or pharmacist to arrange a refill or backup supply.



Specific needs of your household

Every household is different. When creating your emergency plan, think about the daily needs of everyone in your home - including medical, mobility, and communication needs:

- Children – Are they in school or childcare during the day? Who will pick them up?
- Caring for others – Do you help a neighbour, friend, or family member who may also need support?
- Places you go often – Think about how you'd respond if an emergency happened while you were at work, school, or the shops.
- Medical needs – Include medications, prescriptions, medical devices, and backup power if needed.
- Disability or access needs – Plan for equipment, mobility aids, or communication tools.
- Pets or service animals – Make sure you have food, water, and transport options for them too.
- Know where your closest evacuation centre is

BE READY

Have an emergency kit



Keep important documents such as

- Copies of ID, insurance, medical prescriptions
- Proof of address and emergency contacts
- Store them in a waterproof pouch, USB or hard drive.

Other essential items may include:

- A battery-operated radio and torch
- Charging cables and power banks (charged)
- A store of an emergency supply of non-perishable food and water.

There are a number of online emergency plan checklists available in your state. Have a look at the [Red Cross checklist](#) for more details.

Have these readily accessible so you can grab it in an emergency.



Communication

Make sure those close to you are aware of your plan. Discuss:

- Potential emergencies with all household residents. For example, bushfires, severe storms, flooding
- How you plan to respond to each potential disaster
- What to do during power outages and if a personal injury occurs
- Household roles during each emergency situation

Have flexibility in your plan as things don't always go as planned.

Check in with family or friends on a regular basis. If you are alone, consider staying with someone temporarily or use a shelter.

Stay informed

- Check radio, website, social media and news updates.
- Listen to the weather stations and know your total fire bans.
- Make sure you have a battery-operated radio if there is a power blackout.
- Subscribe to any local warning apps or calls.

Where to access warnings



There are many ways for you to access warning information. Some suggestions include:

- Internet – [Bureau of Meteorology](#), your local Country Fire Service or State Emergency Service
- Radio – tune into your [local ABC station](#)
- Television – watch out for televised weather updates and news reports if you have power
- [BOM's telephone weather service](#) different numbers for each area
- Geoscience Australia [Earthquakes@GA](#)
- Download a relevant emergency App on your phone
- Subscribe to emergency services social media feeds

You can reduce the impact of emergencies, big and small, by being prepared.

KNOW WHEN TO LEAVE

1. Know what to do & where to go to stay safe.
2. Make sure you know local evacuation routes and check with your local emergency preparedness authorities or shelters about their policies for pets and animals.
3. Before you evacuate, remind your family or other household members of your central contact point in case you get separated.
4. Make sure each household member has important phone numbers with them.
5. You must have a plan B if it becomes too dangerous to leave or you are unable to drive.
6. Expect the unexpected and be prepared for several possibilities.

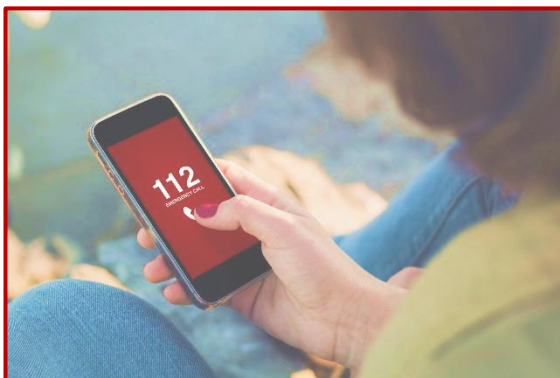
SERVICES TO CONTACT

Life threatening emergencies (Police/Fire/Ambulance) – 000 (mobiles 000 and 112 or 106)

State Emergency Services (SES) – 132 500

Poisons Info Line 13 11 26

- [Red Cross Register](#). Find. Reunite. system – once you have registered, it will help your friends and family locate you. The system can be accessed during a disaster by:
- Visit the [Australian Red Cross website](#) for more extensive resources
- Phone the Australian Red Cross on 1800 100 188
- visiting an evacuation centre



Contact us on:

Phone: 1300 37 45 37

Email: epilepsy@epilepsy.org.au

[Book a telehealth appointment with an epilepsy nurse](#)

Visit our website 

Disclaimer: This information is given to provide accurate, general information about epilepsy. Medical information and knowledge changes rapidly and you should consult your doctor for more detailed information. This is not medical advice, and you should not make any medication or treatment changes without consulting your doctor.