

DISASTER READY

ACTIVITY BOOK



RESILIENT & READY

- WHAT TO DO
- WHAT TO PACK
- WHO TO CALL



Wingecarribee
SHIRE COUNCIL

We're with you

ABOUT THE BOOK

This fun book is all about learning how to stay safe when something scary happens, like a big storm or an accident. Disasters can feel overwhelming, but knowing what to do can help us feel better. Let's go through this book together to learn about staying safe.

First, let's learn some important words:

- **Hazards:** These are things that can cause emergencies, like floods or fires.
- **Emergency:** This is when something serious happens and we need help right away.
- **Disaster:** A disaster is a really big emergency that can hurt a lot of people.
- **Prepare:** This means getting ready, just like when you put on a jacket if it might rain. We can prepare for emergencies by making plans with our family and having supplies ready.
- **Safe Place:** This is where we go to stay safe when something bad is happening. It might be different depending on what's going on.

As we do the activities in this book, let's make a plan together. Having a plan helps us know what to do if something happens, and practicing it makes sure we remember.

Take care,

Your friends at
Wingecarribee Shire Council



AHOY THERE!

I'm Captain Kolo, and I'm on a journey to explore The Shire and see how everyone is getting ready for emergencies and disasters. I'd love for you to join me!

No matter where we are, emergencies can pop up, but there are ways to keep safe. Let's stick together and learn how, mateys!



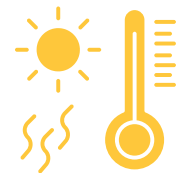
FLOODING



FIRE



SEVERE STORMS



HEATWAVE



DROUGHT



EARTHQUAKE



LANDSLIDE



BIOLOGICAL





FLOODING

When it rains a lot or a river gets too full, it can cause a flood. Sometimes floods happen really fast, and we call those flash floods. It's not safe to play in floodwater because it could make you sick.

Water that's moving can be super strong and might sweep you away quickly. If you see floodwater, never walk through it. And make sure to tell adults not to drive through it either.

w n e z w n r r w p x f
a i v e r r h i f r u l
r w a h a z s v l e p o
n a c y i v t e a p l o
i t u v n e o r s a a d
n e a s e s r k h r n i
g r t c w d m m f e o n
u o e n f l o o d e i g

**Find the following words in the puzzle.
Words are hidden across and down.**

Flooding	Storm
Evacuate	Water
Prepare	River
Warning	Rain
Flood	Plan
Flash	SES







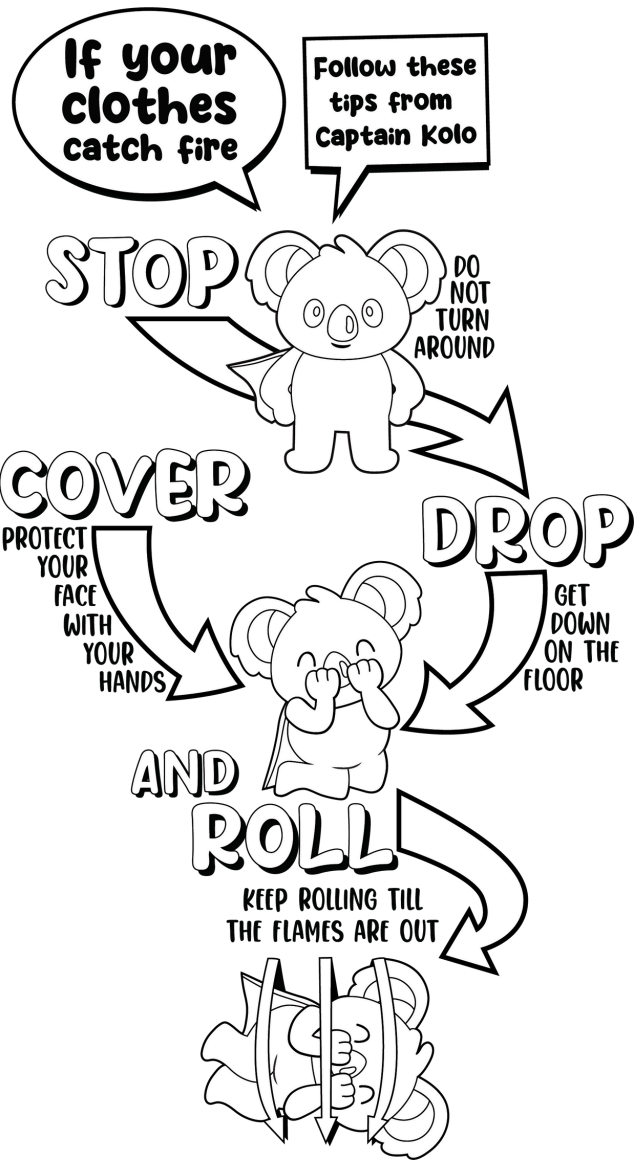
FIRE

Bushfires are big, strong fires that happen in grassy areas, forests, or places with lots of trees. They happen a lot in Australia because it's hot and dry here. Sometimes people accidentally start them, or they can start from lightning during storms.

When it's hot and dry outside, the risk of fire goes up. Rain helps plants grow, but when it gets hot again, the plants can dry out and catch fire easily.

Bushfires can be very bad. They can hurt people, animals, and even destroy towns. The smoke from bushfires can make it hard to breathe for people far away from the fire. It's important to stay safe and listen to adults if there's a bushfire nearby.

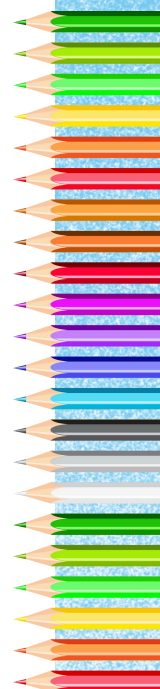
The Australia Fire Danger Rating system helps us to understand how dangerous a fire would be if one were to start.



RFS

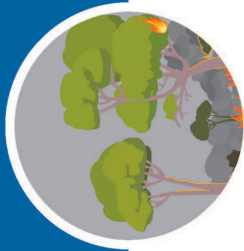
In an emergency, call 000







FIRE DANGER RATINGS



The Australian Fire Danger Rating System helps us to understand how dangerous a fire would be if one were to start.

There are four fire danger ratings – Moderate, High, Extreme and Catastrophic. Each level has an action that tells you what to do to keep safe.

When there is little risk, like when it is raining, 'No rating' is used.

The Australian Fire Danger Rating System is used across the country, so whether you're at home or traveling, you'll notice it in every State and Territory.

MODERATE

PLAN AND PREPARE.



If a fire starts, it can probably be controlled.



Most fires can be controlled before they become dangerous.



Make a bush fire plan with your family and prepare your property for bush fire.



Stay up to date and be ready to act if there is a fire.

HIGH

BE READY TO ACT.



If a fire starts, it could be dangerous.



There is a heightened risk.



If a fire starts, your life and property may be at risk.



Be alert for fires in your area and decide what you will do if a fire starts.



The safest option is to avoid bush fire risk areas.

EXTREME

TAKE ACTION NOW TO PROTECT YOUR LIFE AND PROPERTY.



If a fire starts, it will spread quickly and be extremely dangerous.



These are dangerous conditions for a bush fire.



Check your bush fire plan and make sure your property is fire ready.



If a fire starts, immediately put your bush fire plan into action.



Avoid travelling to bush fire risk areas.

CATASTROPHIC

FOR YOUR SURVIVAL, LEAVE BUSH FIRE RISK AREAS.



If a fire starts, it will spread extremely quickly and lives could be lost.



These are the most dangerous conditions for a bush fire.



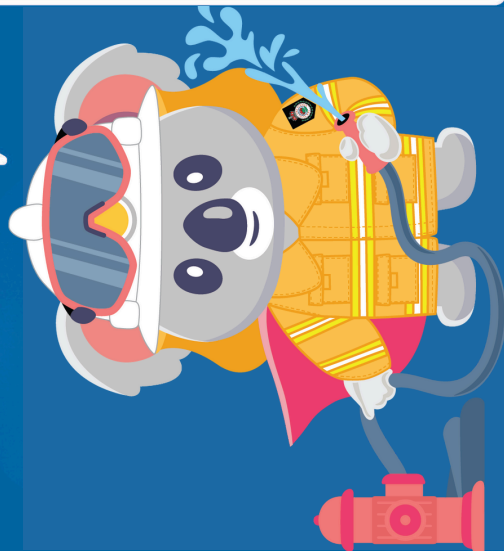
If a fire starts, you may not have time to leave, and help may not be available.



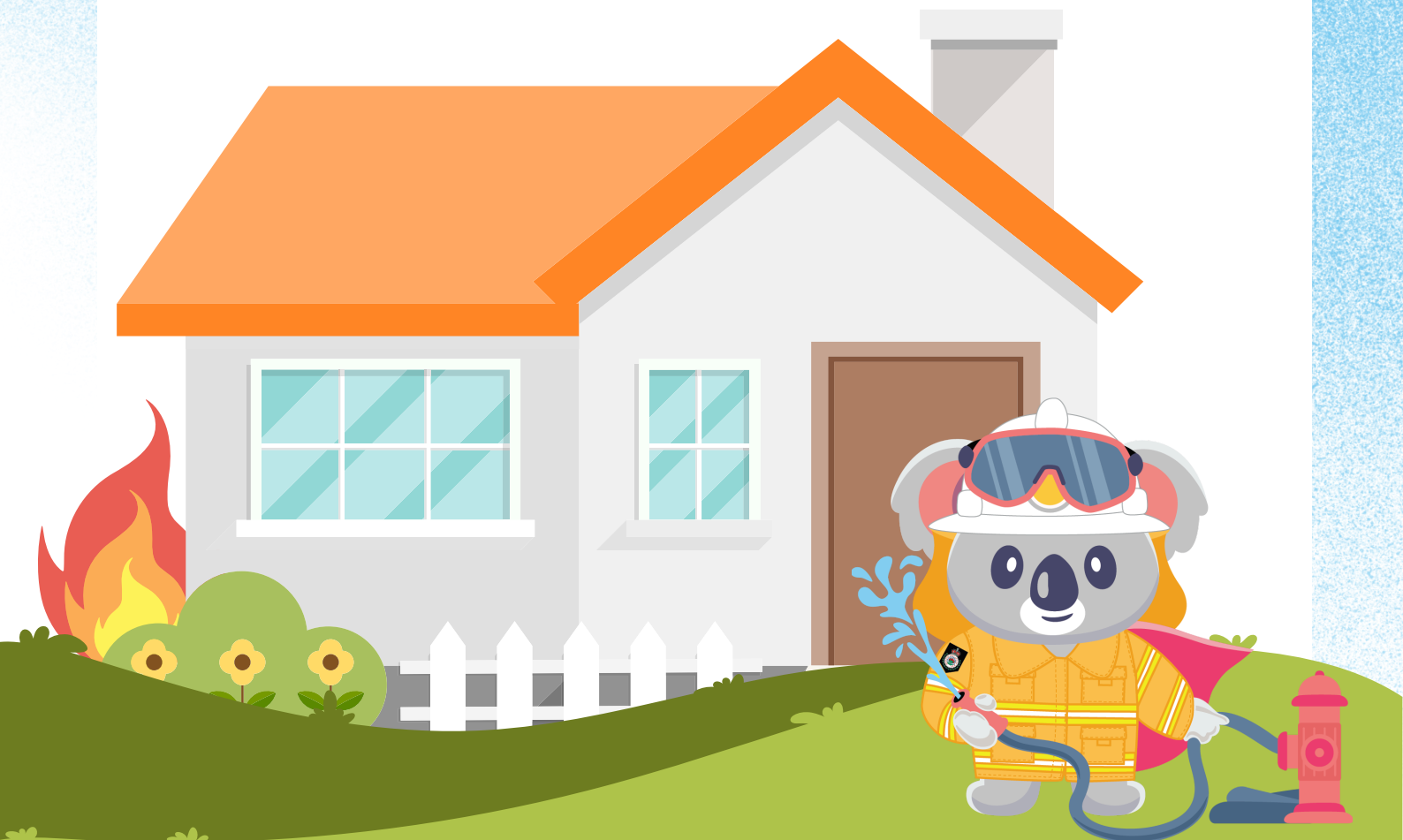
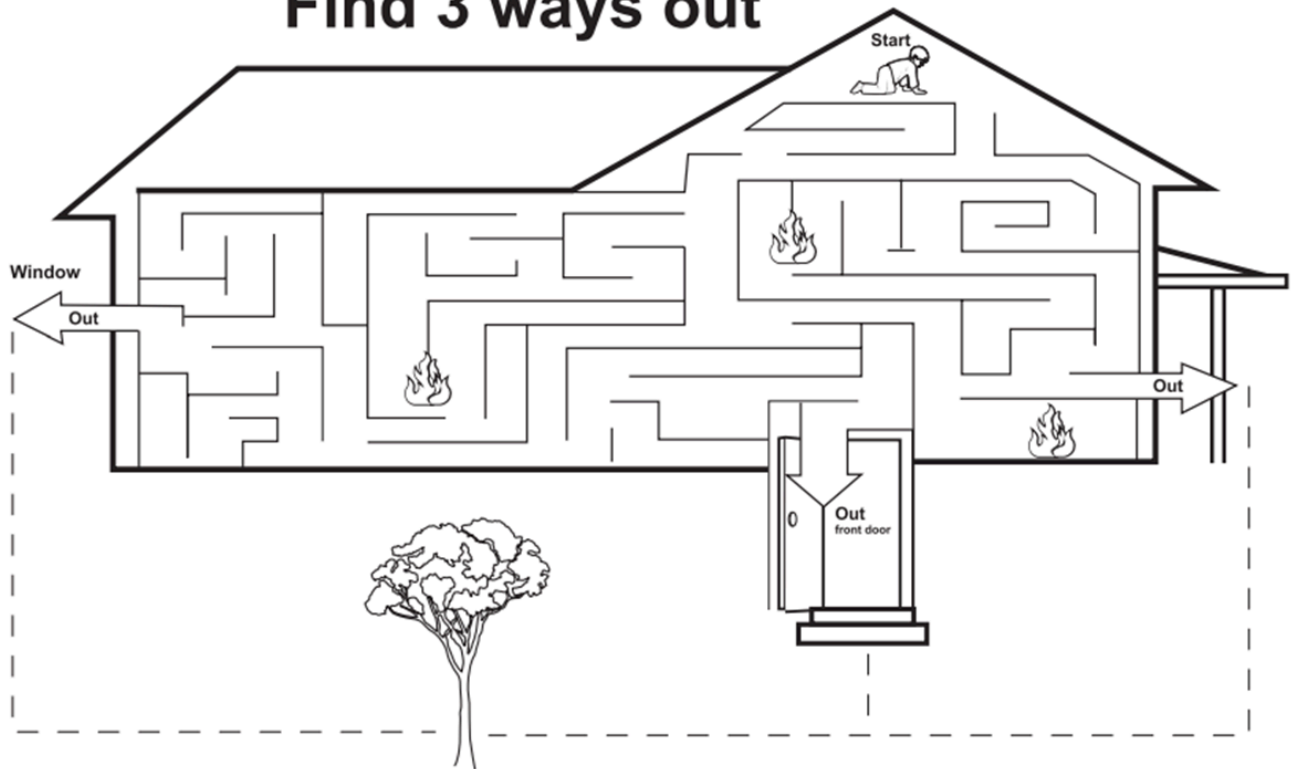
For your survival, do not be in bush fire risk areas.



Stay safe by going to a safer location early in the morning or the night before.



Find 3 ways out

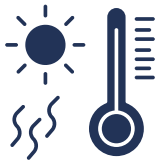




SEVERE STORMS

Severe storms bring heavy rain along with thunder, lightning, wind, and sometimes hail. It's not safe to be outside when there's lightning nearby. If you hear thunder, that means lightning is close, so get indoors quickly.





HEATWAVE

A heat wave is when it's super-duper hot outside for a long time. During a heat wave, the air gets really warm and it can make everything feel very hot and sticky.

When it's too hot, it's important to stay cool and drink lots of water. You can splash in a pool or play with water to stay cool. It's also good to stay inside where it's cooler, especially during the hottest part of the day.

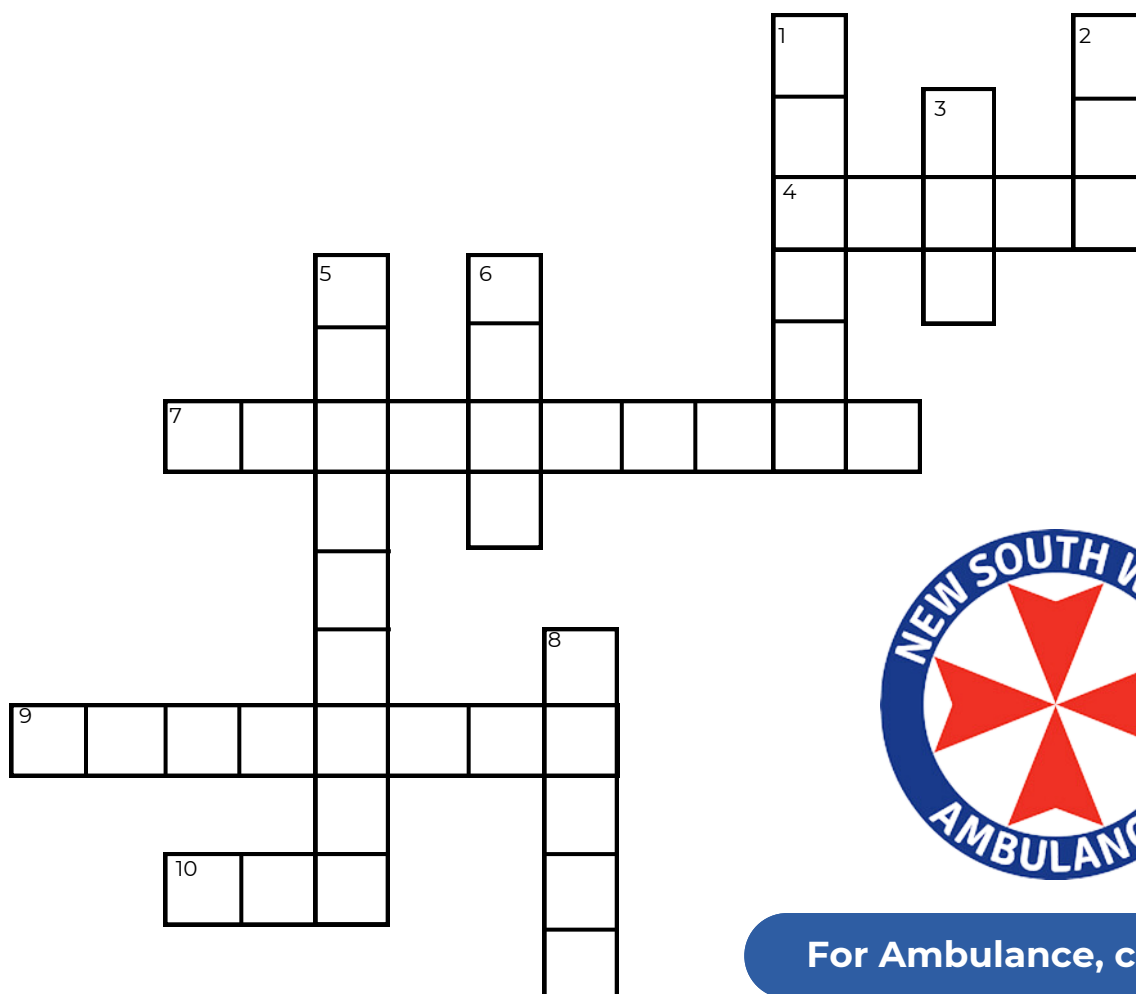
Sometimes during a heat wave, people can feel sick or dizzy if they get too hot. So, it's important to listen to grown-ups and take breaks from playing outside. Let's remember to keep cool and stay safe when it's really hot outside!

REMEMBER

- ✓ **Stay cool**
- ✓ **Drink lots of water**
- ✓ **Splash in a pool or play with water**
- ✓ **Stay inside where it's cooler.**



In an emergency, call 000



For Ambulance, call 000

ACROSS

4. A dark area where the sun doesn't shine.
7. We wear these on our eyes to block the bright sunlight.
9. Something we open up to give us shade and keep us dry when it rains.
10. Something that blow air to make us feel cooler.

DOWN

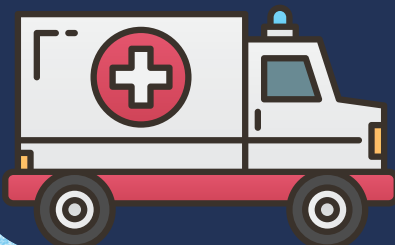
1. The place we go when we're not outside.
2. Block: A yummy frozen treat we eat on hot days.
3. Something we wear on our head to keep the sun off our face.
5. We put this on our skin to protect it from the sun.
6. The feeling we get when we're not hot.
8. What we drink to quench our thirst.

Across: shade, sunglasses, umbrella, fan
Down: Inside, ice, hat, sunscreen, cold, water



MY EMERGENCY DETAILS

Get a grown-up to help you fill out the below form, then keep a copy in your school bag and emergency bag.



MY IMPORTANT NUMBERS

Police Fire Ambulance: 000 (112 from mobiles)
Poisons Information Line: 13 11 26
Kids Helpline: 1800 551 800

MY DETAILS

Name: _____
Address: _____

Phone: _____
Blood type: _____
Allergies: _____



MY PHONE NUMBERS

Mum: _____
Dad: _____
Neighbours: _____

If I can't get hold of mum or dad, ring:

In case of emergency, and we can't contact each other, meet at:



MY EMERGENCY BAG

You need to pack up your really important things.

An emergency kit contains items that are important during an emergency but also items that are important to you and your family.

Being prepared for emergencies helps us to stay safe.

☒ **THINGS TO PACK**

- ☐ **Torch**
- ☐ **Radio**
- ☐ **Batteries**
- ☐ **Favourite toy / book**
- ☐ **First-aid kit**
- ☐ **Snacks**
- ☐ **Water**
- ☐ **Sunscreen**
- ☐ **Medicine** (including medications for asthma, diabetes, anaphylaxis, etc.)
- ☐ **Copy of your birth certificate and/or your passport**
- ☐ **Mobile phone, tablet or other devices**
- ☐ **Sunhat**
- ☐ **Backpack**





HOME ESCAPE PLAN

**To safely escape any home in a fire you must have a plan.
Know how you will escape.**

- Know two ways out of every room.
- Close the door to prevent fire and smoke from spreading.
- Crawl low in smoke.
- Get out and alert others.
- When outside, stay out. Never go back inside!
- Meet at a common meeting place at the front of the house e.g. letterbox. Wait until the fire brigade comes.
- Phone 000 from nearest phone. e.g. neighbour's house.



**Draw your
escape
plan**



It is important to have a working smoke alarm.

- Test your smoke alarm monthly.
- Clean your smoke alarm with a vacuum each month.
- Change the battery at least once a year.





MY MEETING PLACE



Draw your
meeting
place

TO GET HELP

Use your phone if you feel safe OR if fire is making it too dangerous to call from your house, call from a neighbour's house.

CALLING FOR HELP

1. Call 000
2. Wait
3. The operator will say
"Police, Fire, Ambulance"
4. Say FIRE
5. Wait
6. If you can, tell them your
address and nearest
crossroad.





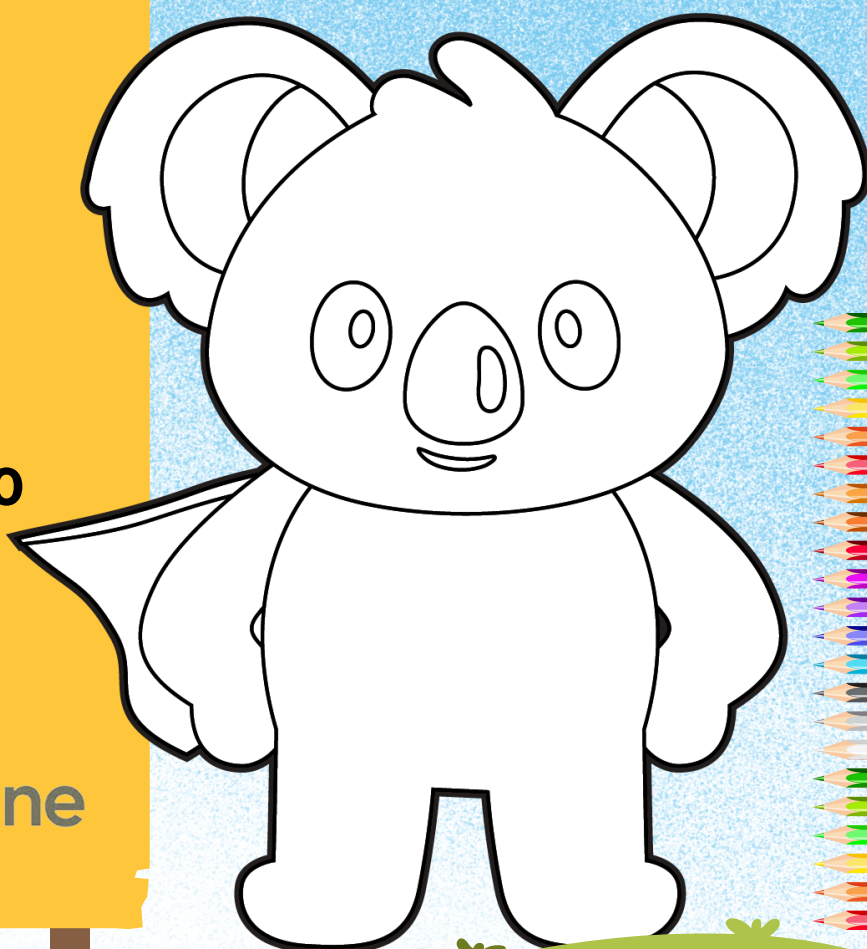
AFTER A NATURAL DISASTER

After something scary happens, like a big storm or an accident, it's normal to feel all sorts of feelings. You might feel scared, sad, or confused. It's okay to feel that way. You might miss your home, toys, or friends. But guess what? Grown-ups are here to help you feel better. You can talk to them about how you're feeling, and they'll listen and help you. Drawing or playing games can also make you feel happier.

Remember, you are safe and loved, no matter what happens.



If you need to speak
to a counsellor,
call 1800 55 1800
24 hours a day,
7 days a week.



HOW ARE YOU FEELING?



ANGRY

I feel mad! I should take deep breaths, count to 10 and talk to someone about how I feel.

FRUSTRATED

I feel stressed! I should ask for a break, go outside for a walk and take deep breaths.

WORRIED

I have a problem and can ask for help. Remember all feelings are valid!

SAD

I'm not feeling good, so I can ask for help and talk with someone I trust.

CALM

I feel okay. I feel relaxed. I can feel proud that I am doing my best.

HAPPY

I am doing great! I'm going to enjoy this feeling and share it with others.



CERTIFICATE OF COMPLETION

Awarded to

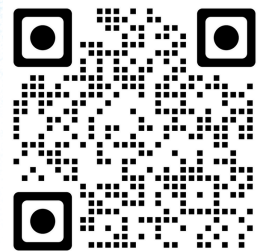
**for learning lots of ways to be prepared
for emergencies and disasters.**





For more information on how to prepare yourself and your family for disasters visit:

www.wsc.nsw.gov.au/Residents/Emergency-Information



wsc.nsw.gov.au



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