



TROPICAL CYCLONE ALFRED CARING FOR YOUR COMMUNITY

When severe weather hits, some people may need extra support. Now is the time to check in on those around you, especially older people, those living alone and people living with disability.

Use the **CARE Checklist**:



CHECK IN

Call or visit friends, family and neighbours who may be at risk. Ask if they need help preparing.



ACCESS TO ESSENTIALS

Make sure they have food, water, medications, Medicare card, cash and essential care supplies.



READY FOR POWER LOSS

Help make sure phones, medical devices and power banks are charged, and talk about backup options.



EMERGENCY PLAN

Talk about who to call, where to go and how to get help if needed. Write down emergency contact numbers.