



TROPICAL CYCLONE ALFRED PREPARING YOUR HEALTH AHEAD

Severe weather can disrupt access to healthcare, medications and essential services. Being prepared helps you, your loved ones and your community stay healthy.

Use the **PREPARE Checklist**:



P

PRESCRIPTIONS & MEDICAL NEEDS

Have at least a week's supply of medications, a first aid kit, a Medicare card and essential health records.

R

READY EMERGENCY KIT

Pack food, water, cash, batteries, ID, personal supplies and medical essentials, including nappies and formula.

E

ELDERLY & AT-RISK COMMUNITY MEMBERS

Check in on older neighbours, people living alone, and those with mobility or health concerns.

P

PETS & ASSISTANCE ANIMALS

Check supplies of food, water and medications, and consider relocating them if needed.

A

ALTERNATIVE POWER & CHARGING

Charge phones, medical devices, and power banks in case of blackouts.

R

REMOTE CARE

Use telehealth and online health services to avoid unnecessary travel.

E

EMERGENCY CONTACTS

Save 000, GP, pharmacy and local service numbers.