



GET READY... FOR CYCLONES!



✓ PLAN

Make an emergency plan for my home



✓ PACK

Pack an emergency kit



✓ LISTEN

Stay up to date



TOWNSVILLE
LOCAL DISASTER
MANAGEMENT GROUP

How to use this booklet

- This booklet is designed as a tool to help explain what a cyclone is to people who need assistance to understand.
- It is **not** designed to be just given to someone, but should be discussed, interpreted and reinforced by a communication partner or parent.
- It should be shared using words which will be understood by the person you are assisting.
- It is important to refer to this booklet as many times as the person wants or needs to ensure they understand and are as comfortable as they can be with the information.
- This booklet should be used as a tool to prepare prior to the cyclone season, as well as in the lead up to an expected event.
- Talk through each part of the booklet and allow the person to talk about what this may mean for them.
- Space has been allowed for the person to record their thoughts or feelings.

What is a cyclone?



A cyclone is a big storm.



It may get very, very windy.



It will be very noisy.



There may be lots of rain and flooding.



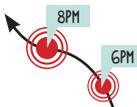
They mainly happen during the wet season.
We usually know when a cyclone is coming.



It can be a bit scary when we are
waiting for the cyclone to come.



Sirens on the radio and TV can tell
us a cyclone is coming.



Cyclones are given a name by people whose
job it is to watch out for cyclones.

Activity 1



Who will tell me when a cyclone is coming?

What do I know about cyclones?

How might I feel when a cyclone is coming?

My thoughts...

What happens before a cyclone comes?



Get ready for the wind and the rain



Put things away.



Buy food and batteries in case the power goes out and the shops are closed.



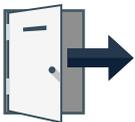
Make sure our pets are safe and have enough food and water.



Get other things ready like first-aid kits and water in case the wind and rain damages things.



Listen to the radio and emergency services people and do what they ask us to do.



Choose a safe place to be - we may need to leave the house and go somewhere else (this is called evacuation). Someone will tell us what to do and where to go.

Activity 2



What special things do I want to keep safe?

What will be different when we are getting ready for a cyclone?

What will I do when I hear a siren?

My thoughts...

What might happen during a cyclone?



It will start to rain.
Sometimes it will rain a lot.



It will get windy. Sometimes it
will get very, very windy.



It will get very noisy. Things might
blow around and bang and crash.



It might go on for a long time. It might get
hot but we can't open the windows.



Sometimes people might be scared. We need
to stay inside and wait in our safe place.



The wind might stop for a while but we need
to stay inside because it might start again.



People in charge will tell us when it
is over and safe to come out.

Activity 3



How I might feel?

What will I do?

Who will help me?

My thoughts...

Things I need to get ready

MY CHECKLIST



Battery-operated radio and spare batteries



Torch and spare batteries



Water bottle



Food – enough for 3 or 4 days



Medication



Toiletries



Change of clothes and strong shoes in a bag



Special papers, books or photos



Remind my helper to look at the Council list in the back of this book for more information and a bigger checklist.

Activity 4



What special foods will I want to pack?

What special things do I want to pack? (Not too many!)

Anything else?

My thoughts...

What should I do to keep safe in a cyclone?



- ✓ Listen to what the person in charge tells me.
- ✓ Stay in my inside safe place unless someone in charge tells me I need to go somewhere else.
- ✓ Ask for help if I need it.
- ✓ Share my feelings.
- ✓ Do what the emergency service people or someone in charge tells us to do.

Activity 5



What can I do to help?

What can I do if I get scared?

Who will I listen to?

My thoughts...

What might happen after the cyclone?



The cyclone will pass, but it might still be windy and rainy for a while.



CAREFUL! There may be lots of trees or things lying around in yards and on the roads. Be careful of power lines. They are dangerous.



We might not have any lights or other things that need power like computers, TV or air conditioners.



Our phones might not work.



There might be people with noisy machines and chainsaws helping to clean up.



We need to stay inside until it is safe. We need to stay away from drains and water.



People might be sad if things are broken and messy.

Activity 6



What can I do to help?

How will I feel if outside looks very different?

What will people be busy doing?

My thoughts...

Feelings



Scared

- because of the noise
- because I don't understand



Sad

- because things are broken
- because things are different



Angry

- because we are all stuck together and it is hot
- because I can't do what I want to



Bored

- because there is no TV or computer
- because we are stuck inside



Happy

- because it's over
- because everyone is safe

Tips for people with hearing impairments in an emergency:

Batteries

- Store extra batteries for hearing aids and implants. If available, keep an extra hearing aid with your emergency supplies.

Hearing Aids

- Store hearing aids in a consistent, convenient and secured place, so you can quickly and easily locate them after a disaster or if you have to evacuate. Consider storing them in a waterproof container that is clearly labelled.
- Include the name of your hearing service provider and their contact numbers.
- Missing or damage hearing aids will be difficult to replace or fix following a major disaster.

Communication

- Determine how you will communicate with emergency personnel if there is no interpreter or if you do not have your hearing aid(s). Store pens and paper for this purpose.
- Consider carrying a pre-printed copy of key phrases, such as "I speak Auslan and require an interpreter."
- Determine which broadcasting systems will provide continuous news that will be captioned and/or signed.

Contact details and phone numbers:

Family and friends:

Guardian:

Service provider:

Insurance company:

Important medical information:

Medicare card number:

Allergies:

Medication details:

Doctor / Specialist:

Chemist:

Other important information:



Further Contacts

Tune into your local radio station for updates

ABC Local Radio: **630 AM**

Triple M: **102.3 FM**

HIT FM: **103.1 FM**

Power 100: **100.7 FM**

Star 106.3: **106.3 FM**

Triple T: **103.9 FM**

4K1G: **107.1 FM**

LiveFM: **99.9 FM**

For more information:

visit

disaster.townsville.qld.gov.au

follow  

@TownsvilleDisasterInfo

Council's Emergency Contacts

For information BEFORE a cyclone 13 48 10

For information DURING a cyclone 1800 738 541

Other Emergency Contacts

Police / Ambulance / Fire 000

State Emergency Services (SES) 132 500

Ergon Energy 132 296

Main Roads 131 940



**TOWNSVILLE
LOCAL DISASTER
MANAGEMENT GROUP**