

# PANDEMIC PREPAREDNESS

## Preparing your family for a pandemic

Practical steps you can take now to reduce stress and stay safe.

Clear, easy-to-follow advice for Australian households, workplaces and communities.

By understanding what to expect and having **supplies** ready, you can better manage **disruptions** to daily life and protect your loved ones. Follow official advice and stay informed through **local health authorities** and emergency services.

### Pandemic Preparedness Checklist

#### Stock Up on Essentials

- ✓ Non-perishable food, bottled water
- ✓ Medications and first aid supplies
- ✓ Toilet paper, tissues, cleaning products

#### Prepare a "Go Kit"

- ✓ Face masks, hand sanitiser, disinfectant wipes
- ✓ Personal medications and important documents
- ✓ Cash, torch, radio, extra batteries

#### Plan for Disruptions

- ✓ Work from home arrangements, childcare
- ✓ Backup plan with family, neighbours
- ✓ Pet care, if needed

#### Stay Informed

- ✓ Follow official health updates and advice
- ✓ Sign up for emergency alerts
- ✓ Know where to find reliable information

#### Know Emergency Contacts

- ✓ Save local hotline numbers
- ✓ Reach out for help when needed

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