Disaster Tips: Bushfires

Helping you avoid the blaze

Know Your Risk



You do not need to wait for an official warning.

If you are in a high-risk area, you should leave on Catastrophic or Extreme fire danger days.



Check Daily: During summer, check the fire danger rating.

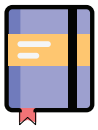


Leave Early: If you have a physical disability, mobility aids, or need medication, do not stay.



Know Your Zone: Find out if your home is in a bushfire prone area. Call your local council if you are unsure.

Your Personal Bushfire Plan



Don't wait for a fire to happen. Write down your plan now and share it with your support network.



The "Trigger": Decide exactly what will make you leave.



Support Worker Role: Discuss the plan with your support workers.



Practice: Do a practice run of packing your bag and getting to your car or transport. Time yourself so you know how long it takes.

What to Pack



Have a bag packed and ready to grab by the front door from October to March.



Essentials: Medications, medical equipment, glasses/ hearing aids, and water bottles.



Documents: Medicare card, NDIS plan, ID, insurance papers, and a list of emergency contacts.



Comfort & Communication: Phone and charger, portable power bank, a change of clothes, and any comfort items.



Support Info: A clearly written list of your support needs in case you need help from strangers.

Where to Go

Identify two safe places so you have a backup.



Option A (Out of Area): The home of a friend or family member who lives in a built-up area (not near bushland).



Option B (Nearest Refuge): A local evacuation centre, shopping centre, or library. Note: Evacuation centres can be crowded and loud. Pack earplugs or headphones if you are sensitive to noise.

During the Fire

If you are trapped and cannot leave, you must act to protect yourself.



Call 000: Tell them where you are and that you have a disability.



Shelter: If you are caught in a bushfire your best chance of survival is to shelter in a solid brick building.



Protect Yourself: Wear long sleeves, pants, and closed-toe shoes to protect from radiant heat.



Stay Low: Smoke rises. Crawl or stay low to the floor to breathe cleaner air.



Block Drafts: Close all doors and windows. Block the gaps under doors with wet towels.

Things to Avoid



DO NOT wait for the police to knock on your door. If you need extra time to move, leave **well before** the fire gets close.



DO NOT rely on your car as a shelter. Cars offer very little protection from radiant heat.



DO NOT try to defend your home alone if you have a mobility or health limitation.



DO NOT drink alcohol, it dehydrates you and clouds your judgment.



DO NOT forget your pets. Pack a small bag for them with food and a lead/carrier.

Staying Informed



The Fires Near Me App: Download this app on your phone. Set up notifications for your specific area.



ABC Local Radio: Keep a battery-powered radio tuned to your local ABC station. They give live emergency updates.



Neighbour Network: Ask a trusted neighbour to check on you or knock on your door if they see smoke or an emergency warning.