

GET READY... for cyclones!



PLAN

Make an emergency plan for my home



PACK

Pack an emergency kit



LISTEN

Stay up to date



Easy Information for Residents and Visitors

Acknowledgements



An initiative of Cairns Regional Council Access and Equity Advisory Group.



We get up again




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www.arcinc.org.au



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.



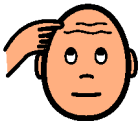
It may get very, very windy.



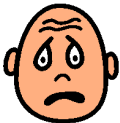
It will be very noisy.



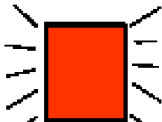
There may be lots of rain and there may be flooding.



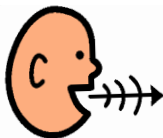
It happens mainly during the wet season.
We usually know when a cyclone is coming.



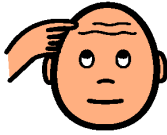
It can be a bit scary when we are waiting for the cyclone to come.



We can hear the sirens on the radio and TV that tell us a cyclone is coming.



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



For Me?

Who will tell me when a cyclone is coming?

What do I know about cyclones?

How might I feel when a cyclone is coming?

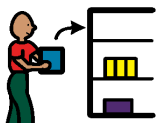
My thoughts...

What things happen before a cyclone comes?



We need to:

get ready for the wind and the rain.



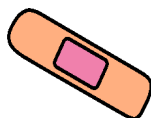
put things away.



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



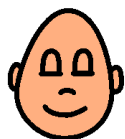
make sure our pets are safe and have enough food and water.



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) and someone will tell us what to do and where to go.



For Me?

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.



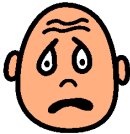
It will get windy.
Sometimes it will get very, very windy.



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.



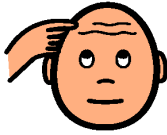
We need to stay inside and wait in our safe place.



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.



For Me?

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 

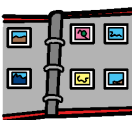
Water bottle 

Food – enough for 3-4 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.





For Me?

What special foods will I want to pack?

What special things do I want to pack – not too many?

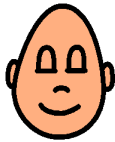
Anything else?

My thoughts...

What should I do to keep safe in a cyclone?



Listen to what the person in charge tells me.



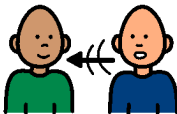
Stay in my inside safe place unless someone in charge tells me I need to go somewhere else.



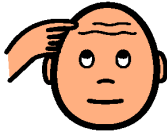
Ask for help if I need it.



Share my feelings.



Do what the emergency service people or someone in charge tells us to do.



For Me?

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 the 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.



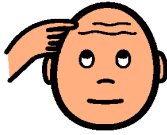
There might be people with noisy machines and chainsaws helping to clean up.



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.



For Me?

What can I do to help?

How will I feel if outside looks very different?

What will people be busy doing?

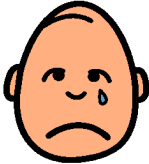
My thoughts...

Feelings



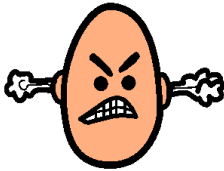
Scared

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



Sad

- because things are broken
- because things are different



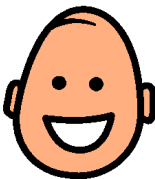
Angry

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



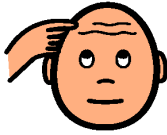
Bored

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



Happy

- because it's over
- because everyone is safe



Notes For Me



Contacts 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 Radio Cairns **801 AM**
..... **106.7 and 95.5 FM**
ABC Radio (Mossman & Port Douglas) **639 AM, 90.1 FM**

For more information visit:

www.cairns.qld.gov.au/disaster



Council's Emergency Contacts

For information **BEFORE** a cyclone **4044 3044**

For information **DURING** a cyclone **4044 3377**

Follow the Disaster Coordination Centre on

Facebook



and Twitter



Other Emergency Contacts

Police / Ambulance / Fire **000**

State Emergency Services (SES) **132 500**

Ergon Energy **132 296**

Main Roads **131 940**



www.cairns.qld.gov.au