



Emergency Planning

In an Emergency, always call Triple Zero (000)

Ballarat Community Health have plans in place so we can continue to offer services and support you as best as we can during an emergency.

Our team may talk to you and your carers/supporters about emergency planning, look at risks you may face and help you find the best supports and resources for you to plan for an emergency.

What is an emergency?

Fire, flood, storm, heatwave, earthquake, explosion, terrorist act, accident, or epidemic which endangers, or threatens to endanger, the safety, health or property of the community.

Why is it important to plan for an emergency?

Emergencies can happen anytime, often without warning. Planning what you would do in an emergency can help you stay calm, have a clear plan, and keep yourself, family, animals and property safe.

What to think about when planning?

- Potential dangers where you live/work/study. Is it a bushfire area, or flood prone area?
- Are there steps you can take to reduce risks? E.g., reducing long / dry grasses and fire fuels, clear gutters.
- Who are your support people?
- Who needs to be included in the plan? Family and friends, animals
- Are you eligible for the Vulnerable Persons Register? Please speak with our team to find out more.
- Will you need to leave your location? What do you need to take with you? How will you evacuate? Where will you go?
- How will you cope with no power or gas (cooking, heating, cooling, bathing, access to emergency communications)

Ballarat Community Health



Being Prepared

- Write your plan down and share it with everyone on the plan
- Keep valuable documents together, easily accessible to all on the plan
- Review and update your plan regularly
- Download the VicEmergency App. It provides Victorians with access to warnings and incidents for fires; floods; storms; earthquake; tsunamis; landslides; water safety, and more.
- [Prepare emotionally for an emergency](#) (calming techniques, supports systems in place)

Coping in an Emergency

During any threat or emergency, your mind and body is placed under huge stress. To help you and those around you, consider these steps,

- Listen to your feelings and thoughts and use any coping techniques to help keep a clear mind
- Know where to go and who to call for help
- [Emergencies - coping without gas or electricity - Better Health Channel](#)
- [Trauma - reaction and recovery - Better Health Channel](#)

Where can you get help in planning for an emergency?

- [Prepare and Get Ready - VicEmergency](#)
- [Emergencies | City of Ballarat](#)
- [Your Bushfire Plan | CFA \(Country Fire Authority\)](#)
- [Emergency preparedness guide | Australian Red Cross](#)
- Contact [VicEmergency Hotline](#) or call 1800 226 226
- Emergency assistance and emergency planning resources: visit [VicSES](#) or call 132 500



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