

How to prepare for climate change

Things to do now

- Get to know your neighbours, share your contact details and share emergency information with them.
- Follow the news and read warnings sent to you via text messages.
- Follow local emergency services/ council /community social media pages and newsletters.
- Learn where your local hospital/GP is located and how to get there.
- Learn about the history of emergency events in your local area.
- Contact your local council to find out if they have voluntary registries for people with disabilities to receive targeted assistance during events.
- Ask for your workplace and your child's childcare/school emergency plan.

What else can I do?

- Find out about climate change and how it will increase how frequent and intense emergency events could be.
- Share what you know with people in your neighbourhood or community.
- Make contact with people in your community who might get more worried and sicker in extreme weather and think about how you might be able to help them in a way that is safe for you.
- Make connections in your local community by getting involved with community events, groups, clubs or online communities.
- Create a support network of people who can help you when you need it.
- Take a first aid course to increase your knowledge and skills.
- Read the benefits of home, contents and car insurance.
- Review any insurance cover you have.

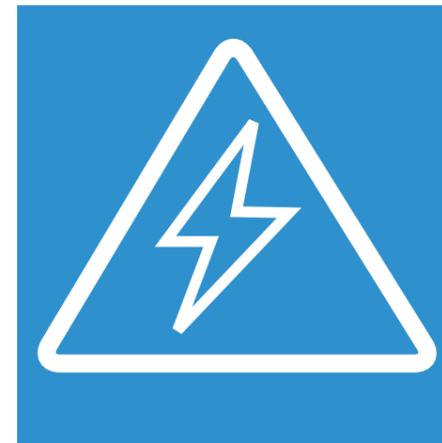
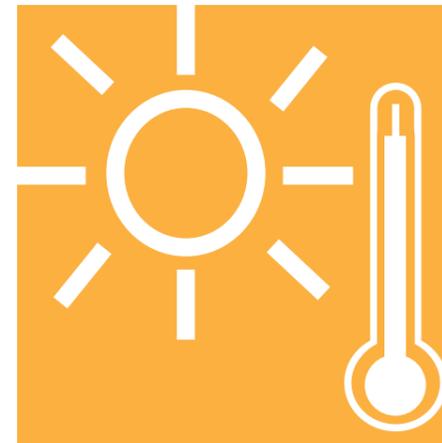
More information

- The ABC is the official emergency broadcaster. Find out how to listen to ABC Local Radio: reception.abc.net.au/
- Access disaster readiness resources for people with a disability: ready.gov/disability.
- The South Australian State Emergency Service (SES) has information on floods, storms, and heatwaves in English and other languages. Find out more at: ses.sa.gov.au

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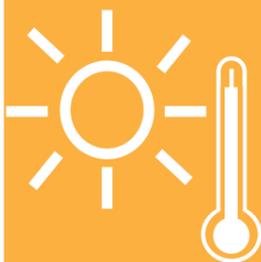
Climate change adaptation checklist for households



Climate change will increase the frequency and intensity of extreme weather events including floods, heatwaves, bushfire smoke and power outages in your local area. Understanding these events and how to prepare and respond will help you and your community to cope and thrive.



Heatwaves



How might this impact me?

- You might experience dehydration, heat exhaustion, difficulty sleeping and heatstroke.
- It could make existing health conditions worse.
- Health and social services may experience increased demand.
- Workplaces may experience reduced productivity.
- Essential services such as electricity or water supply may be impacted.
- Transport networks including public transport and road signals may experience interruptions.

What do I need to know?

- Be aware of the symptoms of heat exhaustion and heatstroke.
- The heat and sun in Adelaide can be different to other places.
- Learn how to keep yourself, your family and your home cool.
- If your home gets too hot, plan to visit the local library or shopping centre, or visit family or friends who have cooler homes and go there before it gets hot.
- Make sure you have food and groceries at home, so you won't need to go out when it is hot.
- If you know someone who doesn't cope well in the heat, invite them to spend the day at your home.
- Avoid going out in the hottest part of the day, particularly if using public transport.
- On hot nights, using a spray bottle to dampen your top sheet and using a fan to create a breeze can help.

How can I prepare for the future?

- Help your home to stay cool with air conditioning and fans and indoor and outdoor blinds.
- If you own your home, consider painting outside with light coloured paint, installing insulation, double glazed windows, enabling natural air flow through windows and doors, planting trees and watering your garden to keep it green and cool.
- If you rent your home or are looking for a new rental, ask your landlord about installing air-conditioning, insulation and external blinds.
- If you or someone you know is particularly vulnerable to heatwaves, sign up to Telecross REDi to receive phone calls during heatwave events.

Where can I find more information about this?

- For more information about heatwaves: ses.sa.gov.au/heatwave/
- For more information about staying healthy in the heat: sahealth.sa.gov.au and search for 'heatwaves'.
- Check the weather forecast: bom.gov.au
- Telecross REDi for vulnerable people to sign up for phone calls during heatwaves: redcross.org.au and search for 'Telecross'.

Floods



How might this impact me?

- Damage to your home, contents, car or workplace.
- Having to evacuate your home or workplace.
- Injury from fast flowing water or objects under water that you can't see.
- Power, sewerage, telecommunications and water supply outages.
- Increased risk of waterborne diseases.
- Roads could close, and public transport may not run.
- Businesses and services may close.
- Community events could be cancelled.

What do I need to know?

- Find out if your home or workplace is in an area that is flood-prone.
- Make an emergency/ evacuation plan.
- Prepare an emergency kit with items you need to take with you if you have to evacuate.
- Make sure all family members know how to turn off the water, gas and electricity at main switches.
- If you think flood water might come into your home, look at SES information on where to get sandbags and how to use them.
- Think about what important things you might need to move upstairs or onto benches or tables to keep them dry.
- If you are on dialysis or other life-sustaining medical treatment, know where you can get help.
- If you use assistive technologies, plan how you will evacuate with the devices or be able to replace equipment if it gets damaged.

How can I prepare for the future?

- Try to build savings to rely on if you are unable to work during an emergency or if you have extra costs after a flood.
- Check your home, contents and car insurance covers flood damage.
- Take photos/videos of your home and contents for insurance purposes.
- Plan your transport needs in case you need to evacuate your home or need to get to around during or after a flood.
- Get power points that are close to the floor raised so they don't get flooded.

Where can I find more information about this?

- Be prepared for a flood: ses.sa.gov.au/flood
- Easy English flood guide: ses.sa.gov.au/flood and search for 'Easy English guide'.
- Check the flood risk for your home on this map: waterconnect.sa.gov.au and select the link to 'flood information'
- Make an emergency plan: redcross.org.au/prepare
- Create an emergency kit: redcross.org.au/emergencies/resources

Bushfire smoke



How might this impact me?

- Sore eyes, throat, nose and lungs.
- Coughing and finding it hard to breathe.
- Chest pain, dizziness or light-headedness.
- People with asthma, lung or heart problems could get much sicker very quickly.

What do I need to know?

- Staying indoors, closing your windows, doors and vents so you don't breathe in too much smoke.
- Don't exercise in smoky places.
- If you have asthma, make sure you have enough medication and supplies including P2 or N95 face masks (cloth masks or surgical masks will not be effective against smoke).
- Do not use evaporative air-conditioners.
- Change split system air-conditioner settings to recycle or recirculate.

How can I prepare for the future?

- If you have asthma, consider buying an air purifier with a HEPA filter.
- Seal air gaps in your home at the doors and windows and around fans and vents with gap fillers and weather seals. This can also help save energy and reduce your bills.

Where can I find more information about this?

- Bushfire smoke and your health: sahealth.sa.gov.au and search for 'bushfire smoke'.
- Asthma Australia has information for people with asthma: asthma.org.au

Power outage



How might this impact me?

- No power for medical devices, heating and cooling, lights, refrigerators (for food and refrigerated medicines), laptops or phones.
- Businesses and services may close including supermarkets, banks, schools and service stations.
- Internet and telephones may stop working.

What do I need to know?

- If you rely on power for medical reasons, plan and ensure you are on the SA Power Networks Power Dependency Register by calling 13 12 61.
- Have ice-packs in the freezer to put in a cooler bag to keep medications cool.
- Plan for medications that require refrigeration.
- Buy a flashlight and battery powered radio and have spare batteries.
- Buy a portable mobile phone charger and keep it charged.
- Plan where else you could go that is heated or cooled.
- Sign up for local power alerts and warnings.

How can I prepare for the future?

- If you or a family member rely on power for medical reasons, prepare a plan that describes what you will do if there is a prolonged power outage and make sure everyone understands the plan.
- The power is most likely to go out during storms or extreme heat, try to stock up on fuel for the car the day before so you can still get to loved ones if service stations are closed.
- Buy a battery or generator for your home or to share with our neighbours.

Where can I find more information about this?

- For more information on power dependency: sahealth.sa.gov.au and search for 'power dependency'.
- What to do when the power goes out: sapowernetworks.com.au/outages/what-to-do-when-the-power-goes-out