



Your health matters in a disaster

In times of a natural disaster, looking after your general health may be forgotten. Existing illnesses can become worse and prescriptions may be left behind if you're forced to evacuate. Here are **five simple steps** to help prepare you if a disaster occurs.

Step 1:

My Health Record

In an emergency, health professionals can access your health records through My Health Record.

My Health Record securely stores your medical history, allergies, and medications online.

Install the **my health** app on your mobile device and **ask your doctor to store your medical information on My Health Record.**

> digitalhealth.gov.au/myhealth

Step 2:

Your medication

Electronic prescriptions

A pharmacist can store your scripts online with **Active Script List (ASL)**. Your pharmacist or doctor can then access these scripts in an emergency.

> **Register for Active Script List with your pharmacist.**

Declared emergencies

In declared emergency situations a pharmacist has special permission to dispense certain medications without a prescription. If you have evacuated your home and need medicine, talk to a pharmacist.

Step 3:

Seeing a doctor

If you have a chronic illness you should prioritise getting health advice in an emergency as your condition can quickly become worse. If your regular GP is not available there are other options.

Healthdirect

Visit the healthdirect website to find a doctor near you.

> healthdirect.gov.au

You can also call healthdirect on **1800 022 222** to speak with a health professional for advice.

After hours medical services

For after hours medical services in South Western Sydney visit our website.

> swsphn.com.au/after-hours

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Step 4

Look after your mental health

Disasters can affect your emotions and mental health. They can also make mental health and drug and alcohol issues worse. If you need help with your mental health, you can access support.

Head to Health

Free guidance and support during regular business hours.

> Call 1800 595 212, or go to headtohealth.gov.au

Lifeline

24/7 crisis support.

> Call 13 11 14

Step 5

Making an emergency health plan

If there is an emergency, like a bushfire or flood, having emergency plans in place can give you peace of mind. The **Person-Centered Emergency Preparedness (P-CEP)** tool can be used by anyone, including people with a disability.

> collaborating4inclusion.org/home/pcep

If you have diabetes

During an emergency, the body uses sugar differently. You may need to adjust your medicine. The National Diabetes Services Scheme has a **diabetes in emergency plan** you can fill out to help you plan.

> ndss.com.au/living-with-diabetes/health-management/emergencies-and-diabetes

NSW Police Next of Kin Program

If you live alone, you can sign-up to have a friend or family member's details listed with the police, to be used in an emergency. You can also share any medical issues.

> Register at your local police station.

Staying informed

Get the right information in an emergency from:

ABC Radio.....	ABC Illawarra	97.3 MHz FM
	ABC Sydney	702 AM
Hazards Near Me app.....	nsw.gov.au/emergency/hazards-near-me-app	
Rural Fire Service (RFS) website.....	rfs.nsw.gov.au	
State Emergency Service (SES) website.....	ses.nsw.gov.au	
Bureau of Meteorology (BOM) weather app.....	bom.gov.au/apps	
Your local council website.....	cbc.city.nsw.gov.au (Canterbury-Bankstown)	
	camden.nsw.gov.au	
	campbelltown.nsw.gov.au	
	fairfieldcity.nsw.gov.au	
	liverpool.nsw.gov.au	
	wsc.nsw.gov.au (Wingecarribee Shire)	
	wollondilly.nsw.gov.au	

South Western Sydney PHN's role in an emergency

South Western Sydney PHN (SWSPHN) is a not-for-profit health organisation dedicated to supporting primary health providers to deliver the best possible care for their patients and improve access to quality local healthcare for the whole community.

Servicing the seven local government areas of Bankstown, Fairfield, Liverpool, Campbelltown, Camden, Wollondilly and Wingecarribee, SWSPHN is one of 31 primary health networks across Australia.

During an emergency, PHNs act as first points of contact on primary healthcare coordination matters and service availability, as part of the overall coordinated response.

Disasters and emergencies can have a profound impact on the population's health and wellbeing, both short-term and long-term. People affected by disasters can have an increased risk of physical and mental ill health. We can vastly improve health outcomes for our community when we prepare and respond to emergencies together.

Scan QR code for all online resources listed on this flier.

