

1 2 3 for a health-ready GC

Have you thought about how health needs fit into your emergency plan? Get health-ready and be prepared if a storm, flood, fire, pandemic or other disaster strikes.

For further information visit www.goldcoast.health.qld.gov.au/health-ready

1

Medications, prescriptions and up-to-date vaccines

A list of your current medications

Include the condition you are taking the medication for, medication name, dosage, times taken and prescribing doctor.

A three-day (minimum) supply of your medications

Consider how to keep your medication cold if there is no power, and check medications are in date (e.g not expired).

Copies of your medication prescriptions

Check your vaccination status

Ensure your vaccinations are up-to-date (including Tetanus – required every 10 years). Discuss with your GP if unsure.



2

Important healthcare cards and information

Access to your important cards

Medicare card Healthcare Concession card

A copy of your health insurance details

Check your My Health Record and medical apps are up-to-date (if applicable)

Details for and access to your key healthcare providers

- 000 – Emergencies only (police, fire, ambulance)
- 13 HEALTH (13 43 25 84) Non-urgent health advice
- Your key healthcare professionals (e.g GP, specialists, social worker, home care provider, local chemist).



3

Your health condition-specific plan

How you will manage your health condition during and after a disaster

Items you require to assist with communication or mobility difficulties (if applicable)

Check your medical alert system is working (if applicable)

A relocation plan to ensure you have access to a healthcare facility if required (consider yourself, family and pets)

Access to resources such as essential power, water or oxygen supplies (if required)

Access to an up-to-date first aid kit



Keep all items/documents in a waterproof bag.
You can also take a photo of items/documents to keep a digital copy.