



Hello Neighbour

Good neighbour relationships can come in handy in times of emergency.

Did you know?

- During heatwaves in 2009 and 2014 more Victorians died from heatstroke than bushfire, many of these deaths were of vulnerable people.
- These vulnerable people died, partly, due to limited or no support within their communities.
- People who form good social relationships with friends, neighbours and family live better, are healthier and feel safer.
- During emergencies these relationships can be valuable.

If you don't already know your neighbours this is a good time to introduce yourself and find out whether they might need a little help in case of an emergency.

Ask yourself....

About me	About my neighbour
<ul style="list-style-type: none">• Am I elderly and living alone?• Do I have a disability that could make it difficult in an emergency?• Can I get out of the house in an emergency?• Do I have friends or family that I can call on in an emergency?• Do I have an emergency plan?	<ul style="list-style-type: none">• Is my neighbour elderly and living alone?• Does my neighbour have a disability that could make it difficult in an emergency?• Could they get out of the house in an emergency?• Do they have friends or family that they can call on in an emergency?• Do they have an emergency plan?

How can we build community connections?

We all lead busy lives and the connections that our parents and grandparents had in their communities are very different to our community connections. Here are some simple tips build connections within your community.

- Meet and get to know your neighbours.
- Offer to do "neighbourly" tasks like taking out the bins, collecting the mail or offer a ride into town.
- If you grow your own fruit or vegetables share them with your neighbours.
- Go to a community event and invite your neighbours along.
- Talk with your neighbour about planning for an emergency.
- Join a local online community relevant to your locality.



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How can we support each other in an emergency?

- Check in with your neighbour, ask if they have heard and understood any emergency warnings.
- Talk to each other about your emergency plans and what are your triggers to leave.
- Talk about what supports you have in the local area (family or friends). Ask your neighbour if they have any supports locally.
- In a heatwave, check in with elderly neighbours and ask your neighbour if they:
 - Have plenty of water available to drink.
 - Know how to prepare a cool space within your home.
 - Have a back up plan in the instance of a power outage.
 - If you check on your neighbour and have concerns about their health, contact their support person, nurse on call 1300 606 024 or in an emergency call 000.
- If an emergency occurs, like a fire or flood, you can let the emergency services know that your neighbour lives alone or has vulnerabilities that may require assistance to evacuate.

Postcards are available from Baw Baw Shire to introduce yourself to your neighbours. If you are interested take some postcards that you can fill out, give to your neighbours and let them know who you are and how you could support each other.