

In an emergency, what is your plan?



Bendigo
Community
Health
Services

February 2026

- Monitor the Vic Emergency App
- Prepare your home - rake dried leaves and clean your gutter
- Know when you need to leave
- Know who can help you understand when to leave and where to go
 1. Name _____ Number _____
 2. Name _____ Number _____
- Make sure your phone is fully charged and your car is full of fuel
- Know that leaving early is the best option

Include these items in your emergency evacuation kit



Water



Food



Medication



Radio



Cloths



Money



Toiletries



Phone and
charger



Torch and
batteries



Important
documents



Children's needs



Passport

လာဂျ်ဂီၢ်အူကတီၢ်န့ၣ်, နတၢ်ရဲၣ်တၢ်ကျဲၤအိၣ်ဒဲလဲၣ်?



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(Karen)

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- ကွၢ်ဘၣ် ဝံးထီၣ်ရံၤယါဂျ်ဂီၢ်အူအဲးဖံ Vic Emergency App တက့ၢ်
- ကတဲၣ်ကတီၢ်နဟံၣ် - ကွဲးစီကွံၣ်သ့ၣ်လၢ်ဃုထီတဖၣ် ဒီးမၤကဆိနထံမံၤဘိတက့ၢ်
- သ့ၣ်ညါနဲလၢကဘၣ်ဟးထီၣ်အခါဖဲလဲၣ်
- သ့ၣ်ညါနဲပုၤလၢကဒူးနၢ်ပၢၢ်နၤလၢကဘၣ်ဟးထီၣ်အခါဖဲလဲၣ် ဒီးကဘၣ်လဲၤဖဲလဲၣ်
 - ၁- (မံၤ) _____ (လီတဲစီနီၣ်ဂံၢ်) _____
 - ၂- (မံၤ) _____ (လီတဲစီနီၣ်ဂံၢ်) _____
- သ့ၣ်ဃာ်နလီတဲစီအ့ၣ်ပုၤပုၤ ဒီးဒၢန့ၣ်လီၤဃာ်နကါသိပုၤပုၤ
- နကဘၣ်သ့ၣ်ညါလၢ တၢ်ဟးထီၣ်လၢအဆိအချ့န့ၣ်မ့ၢ်တၢ်ဃုထၢလၢအဂ့ၢ်ကတၢၢ်န့ၣ်လီၤ.

အဝဲအံၤမ့ၢ်တၢ်လၢနကြးစိၣ်အီၤ လာဂျ်ဂီၢ်အူတၢ်ကဟးထီၣ်အဂီၢ်န့ၣ်လီၤ-



ထံအံၤ



တၢ်အိၣ်



ကသံၣ်ကသီ



ကွၢ်လုလံၤ



ကူသိး



စ့



တၢ်ထူးမဲ
ပျံၢ်မံၤပီးလီ



လီတဲစီ ဒီး
တၢ်သ့ၣ်လီတဲစီဂံၢ်



ဒးမံ/လီဆိ, လီဆိအ့ၣ်



လံၤလဲၤလၢအရူဒိၣ်



ဖိသၣ်တၢ်ပီးတၢ်လီ



လံၤဟးကီၢ်