

Community Newsletter

East Coast Low & Storm Event – Mitchell & Murrindindi

Friday 11th June 2021

Situation

A complex, severe weather event with heavy rainfall and destructive winds impacted much of Victoria during Wednesday night into Thursday, including Mitchell and Murrindindi Local Government Areas.

Drop-In Centre

Murrindindi Shire Council, 19 Whittlesea-Kinglake Road, Kinglake with phone charging points, light refreshments and a warm place available.

Key concerns

There are multiple power failures across the state affecting telecommunications carriers' including NBNs fixed line services and mobile network operators.

Energy providers are working to restore power however, delays for site attendance are expected due to road closures and hazardous driving conditions.

If your power is out, turn off and unplug electrical appliances to prevent damage in case of a surge on reconnection.

Try to keep food cold. Once cold or frozen food is no longer cold to touch, 5 degrees Celsius or above, it can only be kept and eaten for up to 4 hours before it must be thrown away or, if it is raw meat, it should be cooked and eaten right away.

If a power outage impacts your health or safety or that of someone you live with, you can travel to accommodation like a hotel or a friend or family member's house. If you require power for life support, a ventilator or water you can travel to a friend or family member's house who has power.

Check and offer support to neighbours and relatives, those with special needs, such as elderly people and people with disabilities.

Protect your health

If you are without power and have power dependencies needs and need urgent support, phone Triple Zero (000).

Nurse-on-Call on 1300 606 024 phone service that allows you to discuss any health related issue with a registered nurse, 24 hours a day, 7 days a week.

Keep warm. Multiple layers of clothing are more effective than one bulky layer. If you can, wear a hat or beanie.

Beware of fire hazards – torches are safer than candles. If you must use candles, keep them away from curtains and put them out before you go to sleep.

Road closures

Visit VicTraffic at <https://traffic.vicroads.vic.gov.au/> for latest road closures. For urgent road hazards call 13 11 70

Carbon Monoxide Poisoning

Do not use appliances designed for outdoor use inside a home, basement, garage, caravan or tent. Do not even use them outside near an open window. Appliances such as power generators, grills, camp stoves, or other devices that burn petrol, liquid petroleum gas, natural gas or charcoal should only be operated in a well-ventilated outdoor area away from open windows and vents.

Mental health

It is normal to have strong emotional or physical reactions following a distressing event. There is always help available:

- Your doctor/Local mental health professionals
- **Lifeline – 13 11 14**
- Beyond Blue - 1300 224 636
- MensLine - 1300 789 978
- Kid's Help Line - 1800 551 800
- Parent Line - 13 22 89

Family Violence

There is an increased risk of family violence after an emergency. Call 1800 737 732 (1800RESPECT) or Visit www.vic.gov.au/familyviolence

Useful information

Contact VicEmergency Hotline (1800 226 226) to speak to someone about recovering. They can connect you with people who can help.

Stay informed

- www.emergency.vic.gov.au.
- VicEmergency Hotline - freecall 1800 226 226.
- VicEmergency app.
- Facebook or Twitter (#vicHAZARD).

To access information in other languages, call Translating and Interpreting Service on 131 450 freecall and ask them to call VicEmergency Hotline.

If you are deaf, hard of hearing, or have a speech/communication impairment contact National Relay Service on 1800 555 677 and ask them to call the VicEmergency Hotline.

COVID-19 Restrictions

If you need to leave your home due to extreme weather or flood, follow your normal evacuation or relocation plans and continuing to follow COVIDSafe principles, such as wearing a face mask, washing hands, coughing into a tissue or your elbow and maintaining appropriate physical distancing.

If you were isolating or quarantining eg. as a close contact, but needed to relocate due to the emergency, phone 1300 651 160 (24/7) to advise of your new location.