

MEDIA RELEASE

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Safeguarding community health and safety amid cyclone threat

As South East Queensland and Northern New South Wales brace for Tropical Cyclone Alfred, AMA Queensland is urging communities to take essential precautions to protect their health and safety.

"This is the first cyclone to impact the region in 50 years, so it's natural for there to be community anxiety," AMA Queensland President Dr Nick Yim.

"The unknown can be particularly alarming, but there are many simple, proactive measures that residents, businesses and healthcare professionals can implement to safeguard themselves, their families and their patients.

"We understand many people rely on regular treatment and medication to maintain their health, and extreme weather events can pose significant challenges.

"While services are currently operating as usual, we encourage any patient concerned about their access to essential care to contact their healthcare provider and discuss their options in case of an emergency.

"This includes ensuring they have an adequate supply of essential medications.

"For private practices, maintaining the integrity of cold chain procedures is crucial during cyclones to prevent medication spoilage and protect patients.

"All practices should have disaster management plans in place to ensure continuity of care and medication supply during emergencies, and we encourage staff to familiarise themselves with those plans.

"Most people are already monitoring the weather and cyclone warnings, which is a great way to stay informed on real-time developments.

"However, it's important we also think of our mental health during this time.

"Cyclones can be extremely stressful, particularly for people who haven't experienced one before, and it's important to prioritise your wellbeing.

"We also encourage people to prepare an emergency kit with essentials like basic first-aid supplies, water, spare batteries, and torches, and secure any loose items in their yard.

"With cyclones often comes heavy rain fall, and it's crucial for those in flood-prone areas to secure their homes with sandbags and clear gutters to minimise water damage.

"When extreme weather events occur, AMA Queensland always works with the Queensland Government and Health Minister to ensure affected practices and communities get the help they need, including urgent restoration of electricity, phone and internet services, and access to essential health care.

"We encourage residents to listen to the advice offered by authorities and to use this time to prepare yourself and your home for potential damage."

More information

- Resources, support and available assistance information has been compiled by the Queensland Government: [Get Ready Queensland](#).
- For help post weather event, you can access support via the [Queensland Reconstruction Authority](#).
- To identify your flood risk visit Queensland Government's [local government flood maps and data](#) site.
- Queensland Health has provided a list of resources to support [wellbeing in a disaster](#).