

18pt

**Stuck at home**



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Total print pages: 1

Total large print pages: 2

# Notes for the Large Print Reader

Print page numbers are indicated as:

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Page 1

Main text is in Arial typeface, 18 point.

Headings are indicated as:

**Heading 1**

**Heading 2**

**Heading 3**

## **Omissions and alterations**

Some page layouts have been edited for clarity.

## **Stuck at home**

In most emergencies, it's best to stay in your own home if it is safe to do so. But that may mean being without power and water or any way to get supplies for three days or more.

Do you have enough food and water? What about family members who need medication? Do you have enough food and water for pets to get through too?

## **Top tips**

### **Light up**

Your emergency supplies don't have to be in a kit, but you might have to find them in the dark. Make sure everyone knows where the torches and batteries are.

### **Fridge first**

If the power goes out, eat the food from your fridge first, then your freezer. Then eat the food in the cupboard or your emergency kit.

### **Know your neighbours**

Get to know your neighbours. In an emergency they may need your help or you may need their help, and you may be able to band together to get through.

## **Stay informed**

Keep up to date with emergency information by listening to a battery-or solar-powered radio. Check your local council and/or Civil Defence Emergency Management Group's websites and social media. Follow the instructions of civil defence and emergency services.

Find your local Civil Defence Emergency Management (CDEM) Group at <https://www.civildefence.govt.nz/find-your-civil-defence-group/>