

**NO
WATER**

**NO
POWER**

**NO INTERNET
OR PHONE**

WHAT WOULD YOU DO?

**CAN'T
GET
HOME**

**HAVE TO
EVACUATE**

**STUCK
AT HOME**

GET READY

Emergencies can happen anytime, anywhere. Floods, storms, earthquakes, tsunami, volcanoes and other hazards can disrupt our lives, damage property and cause serious harm.

When an emergency happens, civil defence and emergency services will be busy helping the people who need them most.

It's up to you to make sure your whānau and the people you care about know what to do.

The good news is, it's really easy to get ready now. Have a chat with your family and work out what you'll do.



GET READY

MAKE A PLAN WITH YOUR FAMILY, FRIENDS OR FLATMATES TO GET THROUGH AN EMERGENCY.

Think about the things you need every day and work out what you would do if you didn't have them. Grab a piece of paper and write down what you agree, who you need to contact and things you need to do to get ready.

MAKE A PLAN

Our emergency plan

We will meet at Grandma's house.

Grandma will pick up Lily if we can't

We will check in with Auntie Jean 07 264 9621

Our Torch, Radios and first aid kit
are in the hall and the getaway bags
are in the cupboard.

Contacts

Grandma 071 422 196

Auntie Jean 07 264 9621

School 226 0977

076 0900

15296

To do list

Put Getaway bags in
the hall cupboard

Fill juice bottles with
water

Put sneakers in work p

If we can't get home

Where will you meet if you can't contact each other and can't get home? How will you get there? Who will pick up the kids if you're not able to? Do they know? Does the school / early childhood centre have their details?

If we can't get hold of each other

Who will you check in with? It should be someone out of town in case local phone lines are down.

Who might need our help?

Are there any friends, family or neighbours who might need your help to get through an emergency at home or to evacuate?

Who will we need to contact?

(Always dial 111 in an emergency)

Think about your council's emergency hotline, medical centre / doctor, landlord, insurance company, power company, early childhood centre / school, work and whānau.

If we are stuck at home

Do you have food and drink for three days or more (for everyone including babies and pets)? Do you have torches, a radio, and batteries for both? What about first aid / medical supplies? They don't all need to be in one big box, but you may have to find them in the dark.

If we have no power

How will you cook, stay warm, see at night? Do you have spare cash in case ATMs are not working? Do you have enough fuel in case petrol pumps are not working?

If we have no water

Do you have enough drinking water stored (three litres per person per day for three days or more)? Do you have water for your pets? What will you cook and clean with? What will you use for a toilet?

If we have to leave in a hurry

Does everyone have grab bags* in case you need to evacuate? At home, at work, in the car?

* *A small bag with warm clothes, torch, radio, first aid kit, snack food and water, essential medication and copies of important documents and photo ID to get you to your safe place.*

WHAT WOULD YOU DO?

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?

GET READY

- 1** 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.
- 2** 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.
- 3** 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.



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.

WHAT WOULD YOU DO?

CAN'T GET HOME



In an emergency, public transport may not run, and roads and neighbourhoods may be blocked off. If you can't take your normal route home, how will you get there? Who will you go with? Where will you meet if your street is a no-go zone?

GET READY

- 1 Agree on a meeting place if you can't get home. It might be a school, a friend's place or with whānau.
- 2 If you work away from home, find workmates who live in your area. In an emergency you could travel together.
- 3 Have a grab bag at work or in your car. It should have walking shoes, warm clothes, some snack food and a bottle of water. A torch, some batteries and a radio are useful too.

TOP TIP

Give your school or early childhood centre a list of three people who can pick the kids up if you can't get there.

WHAT WOULD YOU DO?

HAVE TO EVACUATE

In an emergency, some houses, streets and neighbourhoods may not be safe to stay in and you may have to leave home in a hurry. If your street is evacuated where will you go? What will you take? What about pets? Do you have neighbours who might need your help?

GET READY

- 1** Have a grab bag ready for everyone in your household. It should have warm clothes, a bottle of water, snacks, copies of important documents, and photo ID. Remember any medications you may need. Keep your first aid kit, torch, radio and batteries somewhere you can grab them in a hurry.
- 2** Decide where you will go (and make sure everyone in your household knows, in case you're not all together). Your evacuation place will probably be with friends or family, so make sure they know your plans.
- 3** If you live in a tsunami evacuation zone, make sure your evacuation place is outside of the zone.

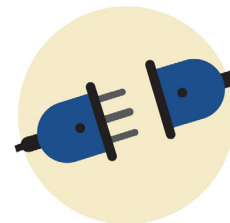


TOP TIP

If you have to leave home, take your pets with you. If it's not safe for you, it's not safe for them. Make sure your evacuation place will take your pets. Or have contact details for kennels, catteries and pet friendly motels.

WHAT WOULD YOU DO?

NO POWER



What would you do if the power was out for days? How will you see, cook, keep warm? Power cuts could affect EFTPOS and ATM machines, so make sure you have some cash at home, or enough supplies to see you through three days or more.

GET READY

- 1 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.
- 2 Have a solar or battery powered radio so you can keep up with the latest news and alerts. Know which radio stations to tune in to for information during an emergency.
- 3 Have a stock of food that doesn't need to be cooked (canned is good) or something to cook your food on (gas barbecue or camp stove). Don't forget food for babies and pets.
- 4 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.

TOP TIP

Talk to your neighbours about what they'll do if the power is out. You might find they have a gas barbecue and you have enough food and water to share (or the other way round).

WHAT WOULD YOU DO?

NO WATER



Imagine having no water for three days or more. How would you wash, cook, clean? What would you drink?

GET READY

- 1 Keep your empty water and fizzy drink bottles, give them a good clean and fill them with water. You need three litres of water for each person for each day that you are without water. Don't use milk bottles. They are hard to clean and could make you sick. Don't forget to store water for babies and pets too.
- 2 You can keep stored drinking water for up to a year if you add non-scented household bleach. Use half a teaspoon for every ten litres of water and don't drink it for at least half an hour after mixing. Label each bottle with the date it was filled. Store bottles in a cool, dark place.

- 3 Remember to store water for cooking and cleaning as well. You can use the water in your hot water cylinder, but store some extra in large plastic containers.

TOP TIP

You can also fill plastic ice cream containers with water and keep them in the freezer. These can help keep food cool if the power is off and can also be used for drinking.

WHAT WOULD YOU DO?

NO PHONE OR INTERNET



What will you do if the phone and internet lines go down? How will you keep in touch, arrange to meet up or keep up with news and weather alerts? In most emergencies, it's best to stay in your own home. Make your home your meeting place and have an alternative in case you can't get there.

GET READY

- 1 Talk to your family about how you will get in touch and where you will meet in an emergency.
- 2 Make sure you know your school or early childhood centre's emergency plans. Give them names of three people who could pick the kids up if you can't get there.
- 3 Have a solar- or battery-powered radio so you can keep up with the latest news and alerts. Know which radio stations to tune in to for information during an emergency.
- 4 Sometimes when local phone lines are down you can still reach people outside your area. Get everyone to check in with your out of town contact by text or online messaging in an emergency if you can.
- 5 Keep a written list of important phone numbers.

Have an out-of-town contact that everyone knows about.

TOP TIP

In an emergency, phone lines can become overloaded quickly. Keep them clear so emergency calls can be made and, if you can, use text or online messaging to keep in touch.

MAKE YOUR HOME SAFER



We can't predict disasters, but we can prepare for them. One of the best places to start is with your home. The Earthquake Commission (EQC) has important information on steps you can take to prepare your home and protect your whānau.

HOW TO MAKE YOUR HOME SAFER

- 1 Use brackets or straps to secure tall and heavy furniture into wall studs.
- 2 Move heavy and fragile items to shelves or cupboards lower down.
- 3 Hang pictures and mirrors on appropriate hooks (no single nails).
- 4 Make sure you know the location of emergency cut-off switches and taps for gas and water mains.
- 5 Some brick and concrete chimneys are at greater risk of collapsing in an earthquake. Check the Earthquake Commission's website for more information about how to make chimneys safer.
- 6 If your home has suspended floor foundations, check that they're in good condition. Check that good connections are in place between the foundations and house above.

For more information on these steps, and more, visit the EQC website at eqc.govt.nz/be-prepared

Toka
Tū Ake **EQC**

STAY INFORMED



It's important to know the different ways you can stay informed during an emergency.

Radio

If the power goes out, a solar- or battery-powered radio (or your car radio) can help you keep up to date with the latest news.

Online

For local updates, check your council's website and social media. As well as your Civil Defence Emergency Management Group website and social media. National updates will be available on www.civildefence.govt.nz and [@NZCivilDefence](https://twitter.com/NZCivilDefence) Twitter channel.

Emergency Mobile Alert

Emergency Mobile Alert is a way of receiving information about emergencies in your area. If your life, health or property is in danger, Emergency Mobile Alerts can be sent to your mobile. You don't to sign up or download an app.

Know your neighbours

Get to know your neighbours. In an emergency, you'll be able to help each other while civil defence and emergency services are busy helping people who need them most. Get involved in your community and get to know your neighbours before an emergency happens.

LEARN ABOUT HAZARDS

To find out about the types of hazards that could cause emergencies where you live and the right action to take, visit www.getready.govt.nz



FLOODS



SEVERE WEATHER



EARTHQUAKES



TSUNAMI



VOLCANOS



LANDSLIDES



FLOODS

Floods happen frequently and can cause a lot of damage. Floods are usually caused by heavy rain or thunderstorms. They can cause injury and loss of life, damage property and pollute our water and land.

Floods become dangerous if the water is very deep or travelling very fast or the water has risen very quickly, or if they contain debris like tree branches and sheets of iron.

DURING A FLOOD

- Never try to walk, swim or drive through flood water.
- Move valuable and dangerous items as high above the floor as possible.
- Lift curtains, rugs and bedding off the floor.
- Listen to the radio and follow the instructions of emergency services.

MORE INFORMATION



For more information on what to do before, during and after a flood, visit www.getready.govt.nz



STORMS

Major storms and severe weather can happen any time of the year and affect wide areas. They can bring strong winds, heavy rain or snow, thunder, lightning, tornadoes and rough seas. MetService puts out severe weather watches and warnings through news services and on their website www.metservice.com

DURING A STORM

- Bring inside or tie down anything that strong winds could break or pick up.
- Close windows and doors, close curtains to prevent injury from breaking windows.
- Stay inside and bring your pets inside. If you have to leave, take them with you.
- Listen to the radio and follow the instructions of emergency services.

MORE INFORMATION



For more information on what to do before, during and after a storm or severe weather, visit www.getready.govt.nz



EARTHQUAKES

Each year we have over 150 earthquakes that are large enough to be felt. A large damaging earthquake could happen any time and can be followed by aftershocks that continue for a long time. Most earthquake-related deaths and serious injuries are caused by collapsing walls, and falling glass and objects caused by the shaking. In a major earthquake, masonry and glass can fall off buildings and into the streets.

DURING AN EARTHQUAKE

- If you are inside, Drop, Cover and Hold – do not run outside or you risk getting hit by falling bricks and glass.
- If you are outside, move no more than a few steps away from buildings, trees, streetlights and power lines, then Drop, Cover and Hold.
- Drop, Cover and Hold until the shaking stops.
- If the earthquake lasts longer than a minute or is strong enough to make it difficult to stand, move quickly to the nearest high ground or as far inland as you can out of tsunami evacuation zones.
- Many injuries happen after the shaking stops, be careful of broken glass and sharp objects.

MORE INFORMATION



For more information on what to do before, during and after an earthquake, visit www.getready.govt.nz



TSUNAMI

A tsunami is a series of waves caused by large earthquakes. All of New Zealand's coast line is at risk of tsunami. A tsunami wave can grow to become a fast moving wall of water.

KNOW THE NATURAL WARNING SIGNS AND TAKE ACTION

If you are near a shore and experience any of the following, take action.

- Feel a strong earthquake that makes it hard to stand up, or a weak rolling earthquake that lasts a minute or more,
- See a sudden rise or fall in sea level,
- Hear loud or unusual noises from the sea.

Move immediately to the nearest high ground, or as far inland as you can.

DURING A TSUNAMI

- Move immediately to the nearest high ground or as far inland as you can. Walk or bike if possible.
- Do not go sightseeing. Never go to the shore to watch for a tsunami.
- Listen to the radio and follow the instructions of emergency services.
- Stay away from at-risk areas until the official all-clear is given.

MORE INFORMATION

For more information on what to do before, during and after a tsunami, visit www.getready.govt.nz



VOLCANIC ACTIVITY

Hazards from volcanoes can include ashfall, falling rocks, very fast moving mixtures of hot gases and volcanic rock, lava flows and massive mudflows. They can injure and kill people, and damage property, sometimes hundreds of kilometres away.

DURING VOLCANIC ACTIVITY

- Close all doors and windows and stay indoors.
- If you are outside near an eruption, shelter in a car or building.
- If you are outside in volcanic ashfall, wear a dust mask or cover your mouth and nose with a cloth.
- Do not drive when there is ash on the road.
- Listen to the radio, follow the instructions of emergency services and keep out of restricted areas.

MORE INFORMATION



For more information on what to do before, during and after volcanic activity, visit www.getready.govt.nz



LANDSLIDES

Landslides can range from a single boulder or rock, to a very large avalanche of earth and rock that can spread for kilometres.

They are caused by heavy rain, earthquakes and, in some cases human activity. Landslides often happen without warning.

DURING A LANDSLIDE

- Get out of the path of the landslide quickly.
- Warn neighbours and help others if you can.
- Contact emergency services and your local council.

MORE INFORMATION



For more information on what to do before, during and after a landslide, visit www.getready.govt.nz

GET YOUR COMMUNITY READY

Get to know your neighbours

When you get to know your neighbours, you're more likely to look out for each other, especially during and after an emergency, like a storm or a large earthquake.

- Swap contact details so you can get in touch in an emergency.
- Tell them about your emergency plan and ask about their plans.
- Find out who can help you and who might need your help.

Join a Neighbourhood Support Group

Join or form a Neighbourhood Support Group. You and your neighbours can share skills and resources to help you get through in an emergency.

Make a community emergency plan

A community emergency plan can help your community understand how you can help each other in an emergency.

Contact your Civil Defence Emergency Management Group to see if there is already a community emergency plan for your area. They can work with you to identify strengths, resources, risks and solutions to help your community get through an emergency.

WORK OUT WHAT SUPPLIES YOU NEED

In an emergency, you may be stuck at home for three days or more. You probably have most of the things you need already. You don't have to have them all in one place, but you might have to find them in a hurry and/or in the dark. Figure out what supplies you need and make a plan to get through.

Basic supplies to have at home

- Water for three days or more — make sure you have at least nine litres of water for every person. This will be enough for drinking and basic hygiene.
- Long-lasting food that doesn't need cooking (unless you have a camping stove or gas barbecue) and food for babies and pets.
- Toilet paper and large plastic buckets for an emergency toilet.
- Work gloves and a properly-fitted P2 or N95 mask.

Basic supplies to have in a bag in case you have to evacuate

- Torches and batteries
- Radio – wind up or with batteries
- Hand sanitiser
- Cash
- Copies of important documents and photo ID
- Walking shoes, warm clothes, raincoat and hat
- First aid kit and prescription medicine
- Water and snack food (remember babies and pets too)

MORE INFORMATION

Talking to kids about emergencies

You can involve young children in planning for an emergency by giving them small tasks to do. Talk to them in an honest (but not scary) way about what might happen in an emergency, what you can do to keep safe, and what your plan is for if you can't get home. The more involved they are, the less scared they will be if an emergency does happen.

Caring for babies in an emergency

Babies are more at risk of becoming dehydrated or getting an infection. They need special care and attention in an emergency.

Make sure you have supplies for your baby in a grab bag in case you need to leave home in a hurry.

Plan for your pets and other animals

Your animals are your responsibility. You need to include them in your emergency planning and preparation. Make sure you have enough food, water and supplies for your animals for three days or more.

Have supplies at work

Make sure you have supplies at work including sturdy walking shoes, a waterproof jacket, a torch, snack food and water. Connect with those who live in the same area and you can work together to get home during an emergency.

REMEMBER TO...

GET READY

www.getready.govt.nz

Visit the website for more information on households, schools, workplaces, neighbours, travel, pets and more.

Or contact your local Civil Defence group.



**National Emergency
Management Agency**
Te Rākau Whakamarumarū