

**NO
WATER**

**NO
POWER**

**NO INTERNET
OR PHONE**

WHAT WOULD YOU DO?

**CAN'T
GET
HOME**

**HAVE TO
EVACUATE**

**STUCK
AT HOME**

GET READY

In New Zealand emergencies can happen any time, anywhere, and often without warning. Floods, storms, earthquakes, tsunami, volcanoes and other hazards can disrupt our lives, damage property and cause serious harm.

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

It's up to you to make sure your family, and the people you care about, know what to do, and you all have what you need to get through on your own.

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
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 Aunty 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

Aunty 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 we meet if we can't get home (local and out of town)? Who picks up the kids if we can't?

If we can't get hold of each other

Who will we check in with (someone out of town in case local phone lines are down)? How will we find the latest news/alerts (which radio stations, websites, social media pages)?

Who might need our help?

Neighbours, family, others.

Who will we need to contact?

(Always dial 111 in an emergency)

Council emergency hotline, medical centre/doctor, landlord, insurance company, power company, day care/school, work, family members

If we are stuck at home

Do we have emergency supplies? Food and drink for three days or more (for everyone including babies and pets)? Torches and radio with batteries? 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. Do we know how to turn off water, power and gas?

If we have no power

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

If we have no water

Do we have enough stored drinking water (3 litres per person per day for 3 days or more, and changed every 6 months). What will we cook and clean with? What will we use for a toilet?

If we have to leave in a hurry

Do we have Getaway Kits* for everyone? 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? What about family members who need medication? Do you have enough food 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 is out, eat the food from your fridge, then freezer, then cupboards. It's a good idea to have extra food that doesn't need cooking.
- 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 radio (get one with batteries), and checking your local council and/or civil defence 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 trains, ferries and buses may not be able to operate, roads may be closed and streets or neighbourhoods might 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 up 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 the 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 getaway bag at work or in your car, with walking shoes, warm clothes, some snack food and a bottle of water. A torch, batteries and radio are useful too.



Give the school or day care 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 was evacuated where would you go? What would you take? What about pets? Do you have neighbours who might need your help?

GET READY

- 1** Have a getaway bag ready for everyone in your family with warm clothes, a bottle of water, snacks, copies of important documents and photo ID. Remember any medications you might need and 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 family 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 zone, make sure your evacuation place is outside of the zone (check with your council for zone maps).



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 the 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** Make sure you have torches and batteries, either in your emergency kit or somewhere everyone can find them in the dark.
- 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 (bbq, 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, before you 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 bbq and you have enough food 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, juice 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 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 (half a teaspoon for every ten litres of water and don't drink for at least half an hour after mixing).
- 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 INTERNET OR PHONE



If the phone and internet lines were down how would you keep in touch, arrange to meet up, keep up with news and weather alerts? In most emergencies it's best to stay in our own homes, so 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 up in an emergency if the phone lines and/or internet are down.
- 2 If you have kids, make sure you know the school/day care's emergency plans and give the school 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 Have an out of town contact that everyone knows about (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.



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.

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



STORMS



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

- Do not try to walk or drive through flood water.
- Move valuable or dangerous items as high as you can 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



SEVERE WEATHER

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

DURING A STORM

- Secure, or move inside, anything that could cause damage in strong winds (like garden furniture or trampolines).
- 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/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 masonry and glass.
- If you are outside, move away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold.
- Stay there until the shaking stops.
- If an earthquake is very strong and/or long and you are near the beach or coast, move quickly to higher ground in case a tsunami follows the quake.
- 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

If you are at the coast and experience any of the following:

- 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 and unusual noises from the sea,

Move immediately to the nearest high ground, out of all tsunami evacuation zones or as far inland as you can.

DURING A TSUNAMI WARNING

- Move immediately to the nearest higher ground, out of all tsunami evacuation zones 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



VOLCANOES

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. GNS Science monitors volcanic activity and puts out warnings if eruptions are likely to occur.

DURING A VOLCANIC ERUPTION THREAT:

- . 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.
- . 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 a volcanic eruption, 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

MORE INFORMATION

Talking to kids about emergencies

If you have kids, make sure they're involved in the planning too. 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.

Emergency supplies

In an emergency you could be stuck at home for three days or more. You probably have most of these things already, and 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. Make a plan to work out what you will need to get your family through.

Basic supplies to have at home

- Water for three days or more – make sure you have nine litres of water for every person. (Save large fizzy and juice bottles, give them a good clean and overfill them with water from the tap, replace every 6 months.
- Long lasting food that doesn't need cooking (unless you have a camping stove or BBQ), and food for babies and pets
- Toilet paper and large plastic buckets for an emergency toilet
- Dust masks and work gloves

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

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

GET READY

www.getready.govt.nz

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

Or contact your local Civil Defence group.



**National Emergency
Management Agency**
Te Rākau Whakamarumarū