

GET READY GET THRU

YOU COULD BE ON YOUR OWN FOR 3 DAYS OR MORE

- Make sure you have a Household Emergency Plan
- In an emergency, do not use the phone unless urgent. For Police, Fire or Ambulance dial 111
- Ensure you have emergency survival items to cope on your own for three days or more
- Listen to the radio for civil defence advice. Tune in to National Radio, Newstalk ZB, Classic Hits, More FM, or Radio Live

WHAT TO DO – YOUR SURVIVAL GUIDE



EARTHQUAKE

Before an earthquake

- Practice your earthquake drill: DROP, COVER and HOLD
- Identify safe places very close to you at home, school or workplace, such as under a sturdy table, or next to an interior wall
- Protect property. Secure objects and your home. Keep insurance up to date

During an earthquake

- Move no more than a few steps to a safe place, drop, cover and hold
- Do not run outside
- If in a lift, stop at the nearest floor and get out, drop, cover and hold
- If you are driving, pull over to the side of the road and stay in the vehicle until the shaking stops

When the shaking stops

- Treat injuries and put out small fires
- Turn off water and electricity at mains if it is safe
- Evacuate if fires cannot be controlled
- Check your neighbours
- Be prepared for aftershocks



VOLCANIC ERUPTION

Before a volcanic eruption

- If you live in an active volcanic zone, learn about your community's warning systems and emergency plans and what you need to do

During a volcanic eruption

- Stay indoors, along with your pets, as much as possible
- Save water at an early stage as supplies may become contaminated
- Keep gutters and roof clear of ash to prevent roof collapse
- Do not go sightseeing
- If you must go outside, use protective clothing. Cover your head, breathe through a mask or cloth and carry a torch



STORM

When a strong wind warning is issued

- Bring pets inside and move stock to shelter
- Secure outdoor furniture

During a severe storm

- Stay indoors
- Close curtains and keep away from doors and windows
- Avoid driving unless absolutely necessary
- Avoid damaged power lines and report these to your power company



FLOOD

Before a flood

- Find out about the flood risk in your locality and know how to reach the nearest safe ground
- Keep your insurance cover up to date

When a flood threatens

- Listen to the radio for information and follow civil defence instructions
- Disconnect electrical appliances
- Raise valuables, weedkillers and chemicals above floor level
- Avoid flooded areas
- Do not drink floodwater as it could be contaminated
- Bring pets inside and move stock to shelter



Tsunami

- Find out what warning systems are in place in your community
- If you're near the coast and you:
 - 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
 - or hear an unusual loud noise from the sea

Then quickly go as far inland and as high up as you can

- Alert other people if you can
- Do not go sightseeing to the beach or river
- Listen to the radio for information and follow civil defence instructions



PANDEMIC – WORLDWIDE DISEASE OUTBREAK

- Stay home if you are sick, keep away from other people and avoid visitors
- Wash and dry your hands before handling food and after coughing, sneezing, using the bathroom, wiping children's noses or when looking after sick people
- Use tissues to cover coughs and sneezes. Throw used tissues in a bin
- Give fluids to people who have a fever and/or diarrhoea. Paracetamol can be used to bring down high fevers
- For more information, see the Ministry of Health website: www.moh.govt.nz/influenza

EMERGENCY SURVIVAL ITEMS

- Water (3 litres per person, per day, for at least 3 days or more)
- Canned, non-perishable food
- Torch and radio (with spare batteries)
- Toilet paper, plastic bags and bucket
- First aid kit and essential medicines, including paracetamol for fever
- BBQ or other means of cooking
- Face and dust masks

IF YOU HAVE TO BE EVACUATED TAKE YOUR GETAWAY KIT

Items to include:

- Essential medicines, toiletries and baby needs
- Important documents (identification, insurance)
- Radio and torch (with batteries)
- Emergency bottled water
- Extra clothing and footwear

Before you leave:

- Consider your pets
- Turn off water and electricity at mains if there is time

When you have reached safety:

- Listen to the radio for information and follow civil defence instructions

TO FIND OUT MORE CONTACT YOUR LOCAL COUNCIL OR GO TO www.getthru.govt.nz

