

BE PREPARED FOR DISASTERS

YOU COULD BE ON YOUR OWN FOR 3 DAYS



- ▲ Find out more about the disasters you may face in your community
- ▲ Make sure you have a household emergency plan in place
- ▲ Make sure you have emergency survival items to cope on your own for at least three days
- ▲ Do not use the phone unless it is urgent
- ▲ For Police, Fire or Ambulance dial 111
- ▲ In a disaster event, listen to your radio for civil defence advice

WHAT TO DO



EARTHQUAKE

- **Before an earthquake**
 - 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 homes and 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, electricity, gas and heating at mains
 - Evacuate if fires cannot be controlled
 - Check on your neighbours
 - Be prepared for aftershocks



STORM

- **When a strong wind warning is issued**
 - Bring pets inside and move stock to shelter
 - Secure outdoor furniture
 - Tape across large windows to prevent shattering
- **During a severe storm**
 - Stay indoors
 - Close the curtains
 - Partially open a window on the sheltered side of the house
 - Stay away from doors and windows
 - Do not go driving, unless absolutely necessary
 - Avoid dangling and broken power lines and report these to your power company



TSUNAMI WARNING

- Listen to the radio for information and follow civil defence instructions
- If you are on the beach or near a river when a strong earthquake occurs, move inland to high ground
- Go at least one kilometre inland or 35 metres above sea level
- Do not go sightseeing to the beach or river



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
 - If you live in an area at risk from a lava flow, know a quick route to safe ground
- **During a volcanic eruption**
 - Stay indoors with your pets as much as possible
 - Save water at an early stage as supplies may become contaminated
 - Keep gutters and the 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



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 or remove valuables, weedkillers and chemicals
 - If you have to be evacuated, turn off electricity and gas at the mains. Take your getaway emergency kit with you
 - Avoid flooded areas
 - Do not drink floodwater, as it could be contaminated



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 and when looking after sick people
- Use tissues to cover coughs and sneezes. Throw used tissues in the rubbish 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)
- Canned, non-perishable food
- Torch and Radio (with batteries)
- Toilet paper, plastic bags and bucket
- First Aid Kit and essential medicines, including paracetamol for fever
- BBQ or other means of cooking

IF YOU HAVE TO BE EVACUATED

Take

- essential medicines, toilet items 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, electricity, gas and heating at mains
- lock your property

When you have reached safety

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

CONTACT YOUR LOCAL COUNCIL FOR MORE INFORMATION ON HOW TO BE PREPARED

www.civildefence.govt.nz