

WHAT CAN I DO?

- start a Neighbourhood Support group. Get to know your neighbours as they may be your best source of help in an emergency
- find out if your neighbourhood is vulnerable to floods, tsunami or earthquakes
- develop a family emergency plan
- work through things you can do to reduce these hazards in the FREE *Be Ready for an Emergency* household planner – telephone 499 4444 for your copy
- build your household disaster survival kit now using the information in this brochure – or call 499 4444 for your *Be Ready For An Emergency* booklet for further information
- learn first aid and CPR. Become a Civil Defence Volunteer
- visit our website on www.Wellington.govt.nz
- an emergency can happen at any time, so be prepared.

Infoline: Tel 499 4444

For more information on how you can prepare yourself and your household for an emergency, ask for these **FREE** planning guides:

- Emergency planning guide for businesses
- Be Ready for an Emergency
- Emergency planning for childcare centres
- Coping with children's reactions to earthquakes and other disasters.

Be Ready Home Survival Planner

This planner will help you get ready to survive for three to five days (without help) in a major emergency.

Communities preparing together to respond together.

Home Survival Planner

Keep this list in a prominent place, tick off items as they are completed.

THE HOME

Have you?

- put heavy items on lower shelves
- safely stored chemicals and other dangerous or flammable items
- secured cupboard doors with safety latches (child proof latches also prevent cupboard doors swinging open during an earthquake)
- fixed heavy furniture to the wall/floor and moved beds from under windows or shelves
- secured the hot water cylinder and header tank
- located and shown every family/household member how to turn off water, power mains and gas (the gas only needs to be turned off if you can smell it)
- installed a fire extinguisher and smoke detector
- planned an escape route from every room in the event of fire.

FAMILY PLAN

Do you?

- know what to do in an earthquake, flood, tsunami, fire or chemical spill – call us for more information.

Have you?

- discussed ways to get in touch with other family members and plans for reuniting
- arranged authorised people to collect children from school and provided the school with a list of these people
- established a meeting place if your house becomes unusable or if family members are separated
- allocated tasks for those at home when a disaster occurs (turning off power, checking on neighbours)
- identified skills, resources and problems in your neighbourhood
- completed a first aid course
- located your nearest Civil Defence Centre.

SURVIVAL KIT

Do you have?

- stored drinking water (3 litres per person per day, for three days, but more is better)
- canned food and a can opener (including food for your pets)
- alternative lighting (torch and spare batteries or fluorescent lightsticks – not candles)
- battery operated radio and spare batteries
- first aid kit and manual
- essential medication (including three days supply at work)
- alternative heating (blankets, survival blankets or warm waterproof clothing)
- alternative cooking methods (such as barbecues or gas cooker)
- important family documents stored where you can access them easily during an emergency
- a workplace survival kit
- a first aid kit and fire extinguisher in your car
- duct tape and plastic sheeting for sealing and securing windows/collecting water
- wet wipes for personal hygiene
- a tent and sleeping bags.