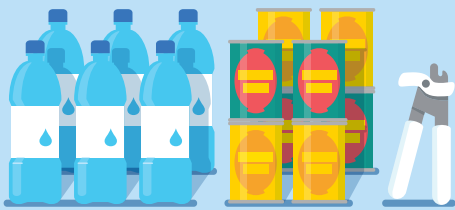


# Get prepared for an emergency

During an earthquake drop, cover and hold. Protect your head.



## Home emergency supplies



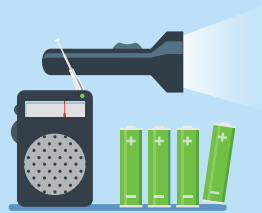
Food and water for your family, including pets for at least 7 days



## If you need to leave home, you may need to take these items with you



Food and water



Torch, radio and spare batteries



Warm, waterproof clothing and comfortable shoes



Personal items and documents



Medications, prescriptions and a first aid kit



## Know your neighbours



Hi Sonya!

Hi Ben!



For more information go to [getprepared.org.nz](http://getprepared.org.nz) or contact your local council.

Absolutely Positively  
Wellington City Council  
Me Heke Ki Pōneke