**GET READY GET THRU**

**YOU COULD BE ON YOUR OWN FOR 3 DAYS**

- Make sure you have a Household Emergency Plan
- Ensure you have emergency survival items to cope on your own for up to three days or more
- In an emergency, do not use the phone unless urgent. For Police, Fire or Ambulance dial 111
- 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, electricity, gas and heating 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
- If your area is at risk from a lava flow, know a quick route to safe ground

**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

### TSUNAMI

- If you live in a tsunami risk zone, find out what warning systems are in place in your community and what you need to do
- If you are on the beach or near a river when a strong earthquake occurs, move inland to high ground immediately
- Go as far inland and as high up as you can
- Do not go sightseeing to the beach or river
- Listen to the radio for information and follow civil defence instructions

### 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, weekdiggers and chemicals above floor level, or remove
- 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

### 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
- Avoid flooded areas
- Do not drink floodwater as it could be contaminated

### IF YOU HAVE TO BE EVACUATED

**You need to 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

**EMERGENCY SURVIVAL ITEMS**
- Water (3 litres per person, per day, for up to 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

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