

READINESS

Get prepared to respond to an emergency.

Learning about the hazards that can occur in your community, and the impacts they can cause, will help you work out what steps you can take to get prepared.

Hazards that can affect Hawke's Bay area :



Waipuke
Flood



Taiāniwhaniwha
Tsunami



Rūwhenua
Earthquake



Paroro
Storm



Pungarehu Puia
Volcanic Ash



Ahi
Forest Fire



Matū Mōrearea
**Hazardous
Substances**



Horo Whenua
Landslide



Mate Urutā
Pandemic



The Hawke's Bay Hazard Portal maps the regions potential hazards, have a look and take note of any that may affect your property.

STAY INFORMED

Radio

If the power goes out, a solar or battery powered radio [or your car radio] can help you keep up to date with the latest news.

Online and Social Media

You can head to official websites and social media pages for information and updates. You can also send any information of hazards to authorities.



Telephones and Internet Communication

Emergencies may affect your ability to communicate by telephone, especially if the electricity is cut off.

- Because you have a fibre connection, your phone and internet will not work when the power is off.
- If your landline phone is not working, you will not be able to use it to dial 111.
- In an emergency, phone lines can become overloaded quickly.
- Keep them clear so emergency calls can be made and, if you can, use text or online messaging to keep in touch.
- Keep a written list of important numbers, in case you have to evacuate.

The last page of this guide has a list of useful radio stations, websites, and other places you could go to stay informed.

MAKE A PLAN

Make a household emergency plan.

A household emergency plan lets each member of a household know what to do in an emergency and how to be prepared.

This makes emergency situations less stressful while saving precious time. Decide where you will go in case you have to evacuate or can't get home.

- A safe meeting place if you can't get home. It might be a friend's home or with family.
- A place to stay out of town during or after an emergency. Go here when you have time to evacuate from your neighbourhood (e.g., for a flood) or if you cannot get back to your neighbourhood.



Go to the hbemergency.govt.nz to find out more on how to get your household ready for an emergency.



HAVE AN EMERGENCY KIT

Emergency supplies for your home:

In an emergency, Hawke's Bay Emergency Management, Councils and Emergency Services may not be able to respond immediately.

It is expected that you will be able to support yourself, for at least three days.

You could be stuck at home without basic services, such as electricity, drinking water, flushing toilets, and phones for days or even weeks.

Your house is already full of emergency items disguised as everyday things - as long as you can find them in the dark and in a hurry. They don't all need to be in one place.



Your household emergency supplies should include:

Clean drinking water for a minimum of three days, or a week or more if you can - make sure you have at least nine litres of water for every person.

A minimum of three days, or a week or more if you can, of food. Consider how you will cook it; do you have a camping stove or BBQ and enough fuel for a minimum of three days?

Medications.

Torch and batteries.

- Do not use candles as they can tip over.
- Do not use kerosene lamps, they need a lot of ventilation.

A solar or battery-powered radio.

A large plastic bucket with a tight lid [or large rubbish bags] toilet paper, and disinfectant.

Something prepared is always better than nothing.

SET UP YOUR GRAB BAG

Emergency supplies if you have to evacuate.

You will need essential items you can carry with you. Ideally you should store these items in a grab bag, ready for you to take if you have to leave in a hurry.

If not, figure out what you already have in your home, so you can grab them quickly.

Basic supplies to have in a grab bag in case you have to evacuate:

- Torches, batteries, and a radio.
- Walking shoes, warm clothes, raincoat, and hat
- First aid kit and medication
- Water and snack food
- Hand sanitiser
- Cash - If power is out EFTPOS and ATM machines won't work
- Copies of important documents (online or paper).

If you wear glasses or hearing aids, remember to take them to!

Special dietary requirements.

If you or someone in your household has special dietary needs, make sure you have sufficient stock of these food items for a minimum of three days, or a week or more if you can.

Include a supply of your special food items in your grab bag too.

Emergency shelters are unlikely to have the special food items you may need.

If you receive Meals on Wheels or other meal services make sure you have food supplies in your house you are able to prepare and cook, or that doesn't need cooking if you cannot be reached.



MEDICATIONS

Complete a medical information list to put in your grab bag, include your:

- Medical Centres name and phone number.
- Names of medication and their dosages and the condition you take them for.
- Any allergies or sensitives and any communication or cognitive difficulties.

For many, interruptions in medication can have severe and potentially fatal repercussions.

Keep a minimum of 3 days, or a week or more if you can, supply of essential medications.



If you have asthma or a respiratory disorder, make sure your grab bag has dust masks (rated P2 or N95). You may find hazards such as earthquakes make it harder to breathe.

If any of your medication needs to be stored in a refrigerator, keep ice packs in the freezer. Then, if you have to evacuate you can take it with you in a small chilli bin or wrapped in a towel/newspaper to keep cold for longer.

Know where to go for assistance if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.

Every time medications are changed update your grab bag, also check the expiration dates of prescription medications in the bag every six months

If you are diabetic make sure you have some high sugar foods in your grab bag in case blood sugars become low, such as lollies, honey, or juice.

BUILD A PERSONAL SUPPORT NETWORK

Your support network will be the first people you can turn to in an emergency.

They might be your neighbours, family, or friends - people who are regularly in the same area as you. It's important that your network includes more than one person.

- Get to know your neighbours. You'll want to look out for your neighbours, and they'll want to look out for you.
- Share contact details and agree on how you will contact each other during an emergency
- Tell them about your emergency plan and ask about their plans.
- Find out who can help you and who might need your help.
- Join a Neighbourhood Support Group.

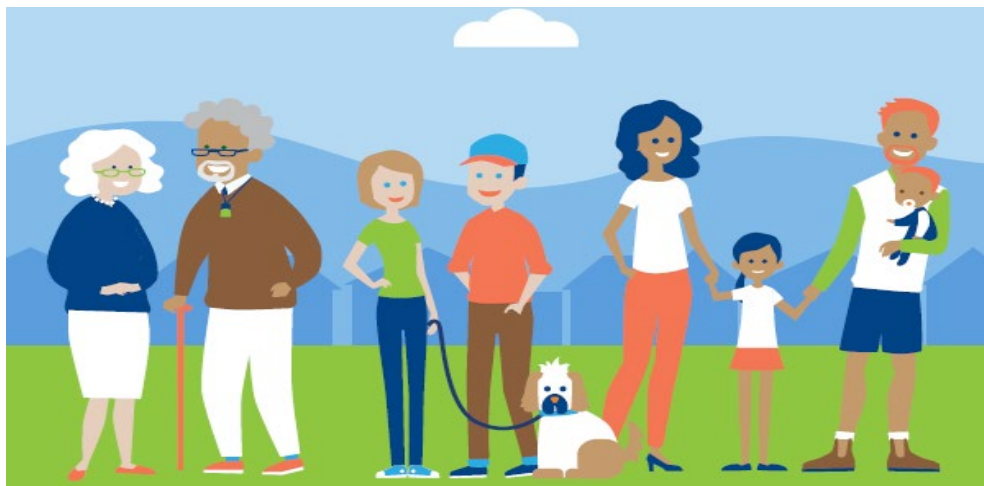
Having connections in local community-based organizations is important - they may be able to assist you with everyday problems and emergencies or find roles for you to help others.

Feeling stressed?

Emergencies are scary and it's perfectly normal to feel stressed or anxious.

Don't be afraid to talk to others about how you feel and to seek help if you need it. Everyone may be affected by an emergency differently. You may develop symptoms of stress, which are normal, if any symptoms persist, seek medical attention.

Healthline 0800 611 116
Want to talk? Call or text 1737



DISABLED PEOPLE & PEOPLE WITH SPECIAL REQUIREMENTS

If you or someone in your family has special requirements or is disabled, you will need to include their needs in your emergency plan. It's important to take time to plan and prepare.

Physical disability or mobility impairment

If you or someone you are caring for has a physical disability or mobility impairment, make sure you bring any aids required.

Hearing impairment

Make sure you have a way to find warnings, information, and advice in an emergency.

- Arrange for your support network to alert you to any warnings and to keep you informed.
- Give a neighbour or someone in your support network a key to your house so they can alert you.
- Put a writing pad, pencils, and a torch with batteries in your grab bag so you can communicate with other.

If you wear hearing aids, make sure have spare batteries.

Sight impairment

Be prepared if you have to evacuate. You may have to depend on others if you have to evacuate, or go to an unfamiliar Civil Defence Centre of Community Emergency Hub.

If you have a guide dog, make sure you have a grab bag for them with food, medications, vaccination records, identification, and harnesses.

Keep extra canes at home, even if you use a guide dog. Animals may become confused or disoriented in an emergency.



PETS

Reduce the risks to your pets and other animals:

- Include essential supplies for your pets in your grab bag and emergency supplies.
- Ask your neighbours to look out for your pet if an emergency happens, and you can't get home.
- Make sure you have a pet crate or cage for your animal[s].

Preparing pets for evacuation: Bringing your pets indoors and confining them to one room to allow you to find them quickly when you need to leave. Have pet carrier boxes and leashes ready. Take your pets with you when you evacuate - if it will not delay you or consider an early evacuation.

After an event: Be aware of their wellbeing and take measures to protect them from hazards and to ensure the safety of other people and animal.

Your animals are your responsibility. You need to include them in your emergency planning and preparation



SHELTERING IN PLACE

Sheltering at home

If it is too dangerous for you to leave your current location, you may need to take shelter where you are. Put on warm layers before you get cold, have a good supply of warm blankets to wrap up in and keep windows and doors closed.

You may be asked to shelter in place at another location. You should stay there either until you are asked to evacuate, or until you are told it is safe to leave.

Sometimes, emergencies make it unsafe for people to leave their homes.

Unplug small appliances. Small appliances may be affected by electrical power surges.

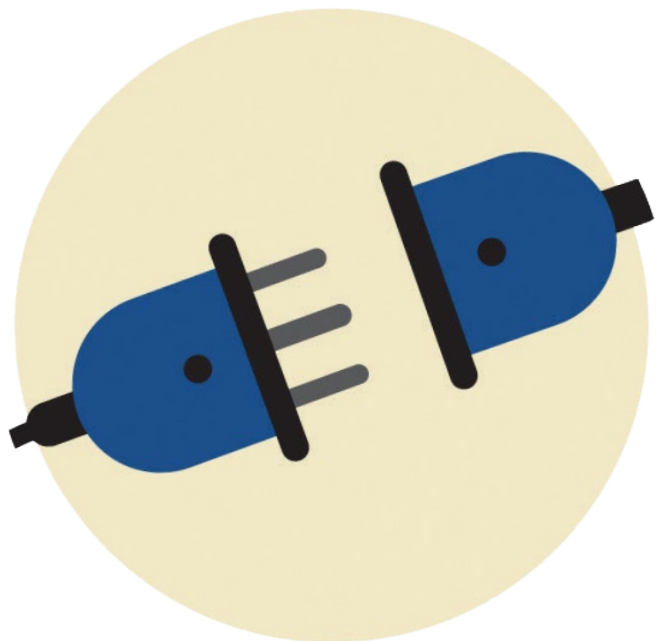
Turn off utilities if instructed by authorities. Authorities may ask you to turn off the water or electricity supply to prevent damage to your home.

Electric heating

If all your heating is electric and you have no fireplace, you will need to consider what you will do to keep warm if the power goes out.

Gas cookers and BBQs

Gas cookers and BBQs are a great alternative to use when power goes out. They can be used both for cooking, and for boiling water for hot water bottles to help keep you warm.



Do not use outdoor gas appliances such as camping cookers and BBQs indoors.

COMMUNITY EMERGENCY HUB

Become a part of the establishment and running of your Community Emergency Hub, and be equip with the tools and knowledge to help yourself and your community respond to future emergencies.

What is a Community Emergency Hub

A Hub is a place for the community to coordinate your efforts to help each other during and after an emergency.

What does a Community Emergency Hub provide

Hubs provide the community with information which helps everyone make informed decisions about how to help themselves, so even if you personally do not have the capacity to help in a practical way, providing information is a valuable service.



Who will run your Community Emergency Hub

During an emergency the people you live nearest to will be your most immediate, and ongoing source of support.

Community Emergency Hubs are located at various community facilities and can be opened by key holders living in the local area.

**@Ufb'a cfY
Uci hH Y'
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IF YOU HAVE TO EVACUATE

Preparing to evacuate

Evacuate immediately if told to do so by authorities. Take your grab bag with you if you have it with you. Use travel routes specified by local authorities, some areas may be impassable or dangerous.

There may be times when authorities tell you to prepare to evacuate, but you do not need to leave immediately. For example, you may be told to prepare to evacuate if river levels are getting very high and there is a risk of flooding.

Get in the habit of keeping your petrol tank at least half full. If there are power cuts in an event, fuel stations may not be able to operate pumps.

Prepare to evacuate by following these steps:

1. Put on protective, weather appropriate clothing to cover your arms and legs, and sturdy footwear in case you have to move through debris (e.g., if there has been an earthquake).
2. Put your grab bag by the door or in your vehicle.
3. Leave mobile phones on and charged so you can receive Emergency Mobile Alerts.
4. Listen to the radio or check website or Facebook pages for updates.
5. Listen to Hawke's Bay Emergency Management and emergency services and follow any instructions regarding evacuation of your area. Self-evacuate if you feel unsafe.

