



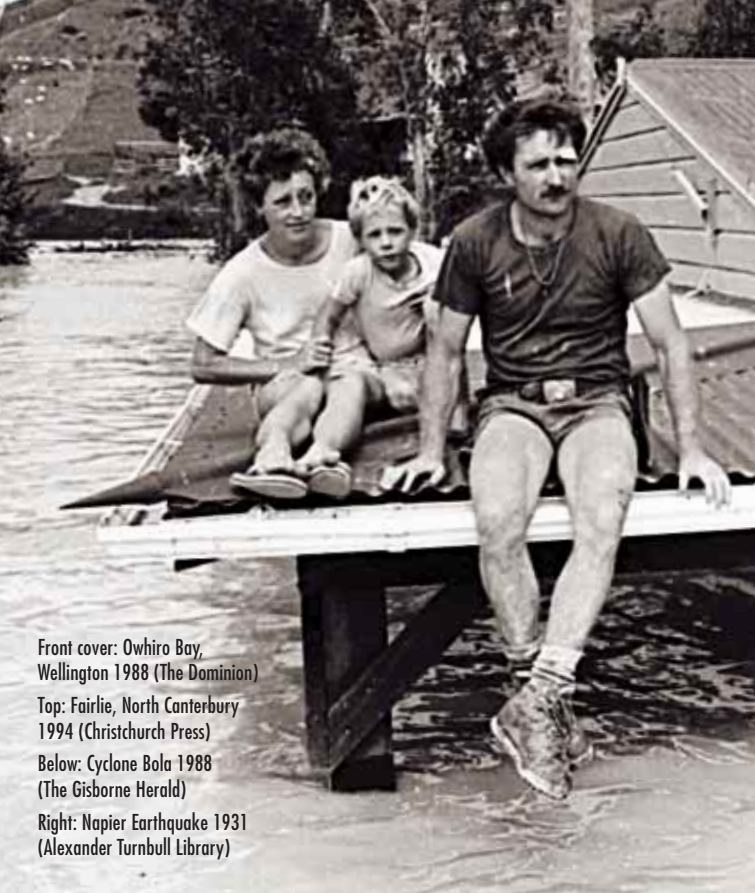
# WILL YOU COPE WHEN DISASTER STRIKES?



**SURVIVING AN EMERGENCY**



# DON'T THINK IF, THINK WHEN!



Front cover: Owhiro Bay,  
Wellington 1988 (The Dominion)

Top: Fairlie, North Canterbury  
1994 (Christchurch Press)

Below: Cyclone Bola 1988  
(The Gisborne Herald)

Right: Napier Earthquake 1931  
(Alexander Turnbull Library)



Your home has been seriously damaged as a result of a natural disaster, the place is a mess, collapsed walls, water and mud three feet deep. Will you and your family be prepared to cope? You could be on your own for up to three days, maybe more.

Earthquakes, floods, storms and volcanic eruptions all have one thing in common – the potential to ruin everything we have worked for over the years – homes, treasured and irreplaceable mementos and, possibly, the loss of a loved one.

The awesome effects of nature are a fact of life here in New Zealand. Disasters happen, quickly, and without compassion.

We can't prevent disasters but we can take some simple steps to ensure we will be able to cope. All of us must think ahead and be prepared by involving the whole family. Know what to do before you have to do it.



# BE PREPARED

Disasters can strike at any time and often without warning.

Know what to do before you have to do it.



## At home

Develop a household emergency plan which includes:

- ▲ Where to shelter in an earthquake, flood or storm.
- ▲ Who is responsible for checking essential items in your Emergency Survival Kit.
- ▲ How to turn off gas, water and electricity at the mains.
- ▲ How to maintain contact with each other during an emergency.
- ▲ How to contact your local civil defence organisation for assistance during an emergency.

Know the local Civil Defence warning system. If possible, know the location of your nearest Civil Defence or Community Emergency Centre. It is also useful to learn First Aid and how to control small fires, and escape from a fire.



## In your street

Join or form a neighbourhood support group. You and your neighbours will have skills and resources that can be vital in an emergency. Start discussing today what you can do to assist each other. Contact the Police for advice.

Become a civil defence volunteer. Ask your local civil defence organisation how you can help.



## Your Getaway Kit

Everyone should have a small bag for a Getaway Kit, ready for evacuation. Most of the items are part of your Emergency Survival Kit. Other items include:

### FAMILY DOCUMENTS

- ▲ Birth/marriage certificates
- ▲ Family photos
- ▲ Drivers' licences/passports
- ▲ Insurance policies

### PERSONAL HYGIENE ITEMS

- ▲ Towels/soap & toothbrushes
- ▲ A change of clothes



## Emergency Survival Kit

If you prefer to keep your Emergency Survival Kit items in the house for everyday use, make sure you know where to find them when an emergency occurs.

### FOOD AND WATER – ENOUGH FOR 3 DAYS

- ▲ Canned or dried food
- ▲ A can opener
- ▲ A primus or BBQ to cook on
- ▲ Bottled water (3 litres per person per day)

Check and renew the food and water every 12 months.

### EMERGENCY ITEMS

- ▲ First Aid Kit and essential medicines
- ▲ Spare toilet paper and plastic rubbish bags for your emergency toilet
- ▲ Pet supplies
- ▲ Waterproof torches and spare batteries
- ▲ Radio and spare batteries

Check the batteries every three months.

### SUPPLIES FOR BABIES AND SMALL CHILDREN

- ▲ Food and drink
- ▲ Change of clothing
- ▲ Favourite toy or activity

### SPECIAL SUPPLIES FOR THOSE WITH DISABILITIES

- ▲ Hearing aids
- ▲ Mobility aids
- ▲ Glasses

### EMERGENCY CLOTHING

- ▲ Wind proof and rainproof
- ▲ Sun hats
- ▲ Blankets or sleeping bags
- ▲ Strong shoes for outdoors

Put all items, especially blankets and clothing, into leak proof plastic bags.



Download your household emergency checklist from:

<http://www.civildefence.govt.nz>

# PEOPLE WITH DISABILITIES



If you have a disability, make arrangements with a family member, friend, or neighbour to help you in an emergency.

People with hearing impairment may not be well served by radio. Make arrangements to be sure you are informed by somebody.

People with sight impairment may have difficulties if their home is disrupted – perhaps in an earthquake – and may have extra difficulties in an unfamiliar Civil Defence Centre. You should arrange some form of “buddy” system.

People with asthma and other respiratory disorders may be especially affected by stress, dust or volcanic ash. Have plenty of medicines and face masks in your Emergency Survival Kit.

If you have special food needs, be sure to include as much as you can in your Emergency Survival Kit.

If you need mobility aids, insist on bringing your aid if you are evacuated. Moving to safety is fine, but you won't want to be helpless when you get there.



# WHAT ABOUT THE FAMILY PET?



If you have family pets you need to include them in your emergency planning.

## HOW YOU CAN HELP

- ▲ Have a permanent disc on your pet's collar with your name, phone number and, if possible, address.
- ▲ Always have a carry-box with a blanket or towel ready. Identify the box with your name, address and phone number.
- ▲ Keep an emergency supply of tinned pet food.

## WHERE THERE IS TIME

- ▲ If you are unable to take your animals with you or if you have been ordered to leave your pets behind, you should release penned animals, including chickens.
- ▲ In cases of flooding, your pets can be placed in the roof space of your home with as much food and water left for them as practicable.
- ▲ If you have stock, open internal farm gates but do not allow access to roads.
- ▲ Appointed Wardens and SPCA personnel will be on hand to visit your home for you. Tell them where your animals are and how they can be identified.

**Remember that your animals may be more self-sufficient than you think.**

Marlborough Floods 1983  
(Marlborough Express)



# EARTHQUAKES



For years we have been told that a major earthquake is likely to occur in New Zealand "within the next 50 years".

Those fifty years could be up as soon as tomorrow!

New Zealand experiences hundreds of earthquakes every year. Most of these are either very deep in the earth's crust or centred well offshore, and cause little damage or injury. A severe earthquake can occur at any time and the effects can be devastating.

## BEFORE AN EARTHQUAKE OCCURS

- ▲ Secure heavy furniture to the wall or floor.
- ▲ Place heavy items near the floor.
- ▲ Put strong catches on cupboards.
- ▲ Check that your chimney is secure.
- ▲ Secure your hot water cylinder.
- ▲ Check your household insurance.
- ▲ Don't put chemical cleaner in the toilet cistern. This will poison a potential source of drinking water.

## DURING AN EARTHQUAKE – INSIDE

- ▲ Take cover under a table or brace yourself in a doorway.
- ▲ Do not attempt to run outside.
- ▲ If in a lift, stop it at the nearest floor and get out.
- ▲ Do not look for your pets until shaking ceases.

## DURING AN EARTHQUAKE – OUTSIDE

### In a high rise area

- ▲ Take cover in a doorway
- ▲ Do not run into the street.

### If you are driving

- ▲ Slow down, pull over to the side of the road and stop.
- ▲ Stay in the vehicle. It will provide some cover.

## AFTER AN EARTHQUAKE

- ▲ Check those around you and help them if necessary.
- ▲ Make sure that someone reports the damage in your area to the nearest Civil Defence Centre.
- ▲ Put out small fires. Evacuate the building if the fires cannot be controlled.
- ▲ Listen to the radio for advice and information.
- ▲ If your property is damaged, try to take notes of damage for the loss adjustor.
- ▲ Do not go sightseeing.



**Duck, cover and hold!**

# STORMS



Damaging wind is caused by deep depressions or by tornadoes. A strong wind warning is issued by the MetService when winds of more than 87km/h are expected over land. You can be better prepared to cope with an emergency plan in place for your home.

## WHEN A STRONG WIND WARNING IS ISSUED

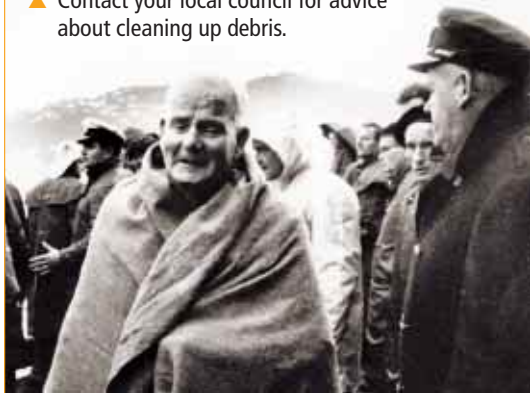
- ▲ Listen to your radio for information.
- ▲ Bring pets inside and move stock to shelter.
- ▲ Pick up rubbish and put rubbish bins indoors.
- ▲ Secure outdoor furniture and lightweight garages.
- ▲ Put tape across large windows to prevent them from shattering.

## DURING THE STORM

- ▲ Open a window on the side of the building away from the wind – this will relieve pressure on the roof.
- ▲ Close the curtains to slow down flying glass or other loose objects.
- ▲ Stay away from doors and windows. If the wind becomes destructive, shelter further inside the house. Use a mattress for added protection.
- ▲ Stay away from metal and electrical fixtures.
- ▲ Contact your local council if your house or building is severely damaged by the wind.
- ▲ Don't walk around outside.
- ▲ Don't go driving unless absolutely necessary.

## AFTER THE STORM

- ▲ Avoid dangling and broken power lines. Report these to the nearest electrical authority.
- ▲ Contact your local council for advice about cleaning up debris.





# FLOODS



Disastrous floods have struck most parts of New Zealand.

Floods are the most common cause of a civil defence emergency.



Assume that you will have to cope with a flood. Several so-called '100-year' floods can happen in quick succession. To reduce the impact on you and your loved ones, there are measures you can take.

## BEFORE A FLOOD STRIKES

- ▲ Find out about the worst flood in your locality and how high it rose. Calculate where such a flood would reach in your home.
- ▲ Know how to reach the nearest high ground.
- ▲ Keep your valuables and some food and clothing above what you judge to be the high-water mark.
- ▲ Store weedkillers, insecticides and other chemicals above your estimated high-water mark.
- ▲ Consider building some form of storage above your ceiling.
- ▲ Find out about present and future plans for building flood protection schemes in your locality.
- ▲ Keep your insurance cover up-to-date.

## WHEN A FLOOD THREATENS

- ▲ Listen to your radio for information. Follow Civil Defence advice and instructions.
- ▲ Disconnect electrical appliances and move valuables, clothing, food, medicines and chemicals above the likely reach of floodwater.
- ▲ Take your Getaway Kit with you if you have to leave your home. Turn electricity and gas off at the mains.
- ▲ Take your pets with you.
- ▲ Don't go into floodwaters alone.
- ▲ Don't go sightseeing through flooded areas.
- ▲ Don't drink floodwater. It could be contaminated.



# TSUNAMI



Many New Zealanders live in coastal communities. A major earthquake, landslide or volcanic eruption can create massive tidal waves that could be disastrous for these communities.

## WHAT IS A TSUNAMI?

A tsunami is a series of sea waves generated by underwater earthquakes or large landslides.



## TSUNAMI WARNING

The Ministry of Civil Defence and Emergency Management issues national warnings to civil defence organisations, and through radio and television broadcasts.

## NEAR SOURCE TSUNAMI

A "near source" tsunami is one that is generated close to our coastline by a strong earthquake. New Zealand has experienced a few of these. The water level may fall very quickly past the normal low tide mark, then return just as quickly. If this happens there won't be enough time to issue a warning.

## WHEN A TSUNAMI THREATENS

- ▲ Turn on your radio and follow all instructions.
- ▲ Take your Getaway Kit with you if you are told to evacuate.
- ▲ Leave the area immediately if you are on the beach or near a river when a strong earthquake occurs.
- ▲ Go at least one kilometre inland or 35 metres above sea level.
- ▲ Don't go to a river or beach to watch the waves come in.

# VOLCANOES



There are seven active volcanic regions in New Zealand.

Those living in these regions are at risk from volcanic ash, debris and lava flows. A major eruption can deposit huge quantities of ash across vast areas creating serious problems for both urban and rural communities.

## BEFORE AN ERUPTION OCCURS

- ▲ Discover whether there are volcanic hazards likely to affect you.
- ▲ If you live in an active volcanic zone, assume that you may have to deal with the effects of an eruption.
- ▲ If you live in an area that could experience a lava flow during a volcanic eruption, know a quick route to safe ground.

## WHEN AN ERUPTION THREATENS

- ▲ If volcanologists agree that a life-threatening eruption is likely to take place, a civil defence emergency will be declared and the danger area evacuated.
- ▲ Listen to your radio for information and follow civil defence advice.

## DURING AN ERUPTION

- ▲ Save water in your bath, basin, containers or cylinders at an early stage – supplies may become polluted.
- ▲ Stay indoors with your pets as much as possible.
- ▲ Wear mask and goggles if you go outside, to keep volcanic ash out of your eyes and lungs.
- ▲ Keep gutters and roof clear of ash – heavy deposits can collapse the roof.
- ▲ Take your outdoor clothing off before entering a building – volcanic ash is difficult to get rid of.
- ▲ Take your Getaway Kit with you if you have to leave. Turn electricity and gas off at the mains.
- ▲ Keep below ridge lines in hilly terrain – the hill will offer some protection from flying volcanic debris.
- ▲ Don't go sightseeing.
- ▲ Don't leave home unless advised to by Civil Defence.



# CIVIL DEFENCE EMERGENCY MANAGEMENT FACTS



## When a civil defence emergency occurs

Should an emergency occur, your Mayor or regional Chairperson may declare a civil defence emergency. Once a declaration has been made, the civil defence Controller and the police have the legal authority to:

- ▲ Evacuate buildings and places.
- ▲ Restrict entry into buildings, including private homes.
- ▲ Close roads and public places.
- ▲ Remove vehicles that impede emergency services and civil defence work.
- ▲ Requisition items that are needed to save lives.

## Emergency management is everyone's business

In New Zealand, we are constantly exposed to the risk of disaster. It is important that we understand these risks and what they can do to us. However, there are measures we can all take to reduce the impact of disasters and be better prepared to recover quickly.

### These measures include:

- ▲ Securing heavy objects to prevent damage during an earthquake.
- ▲ Keeping drains and waterways clear to reduce flooding.
- ▲ Being careful with how we use our land.

Your local councils are doing these things as well. Contact them for more information about how you can get involved in emergency management so you can help your community, your family and yourself.

Refer to the emergency advice section in your Yellow Pages. Or you can visit the Ministry of Civil Defence and Emergency Management's website at:

<http://www.civildefence.govt.nz>



Te Rākau  
Whakamarumaru

Ministry of Civil Defence  
& Emergency Management