

Your Earthquake Planning Guide

**Pick this up and
get prepared now**

RIGHT NOW

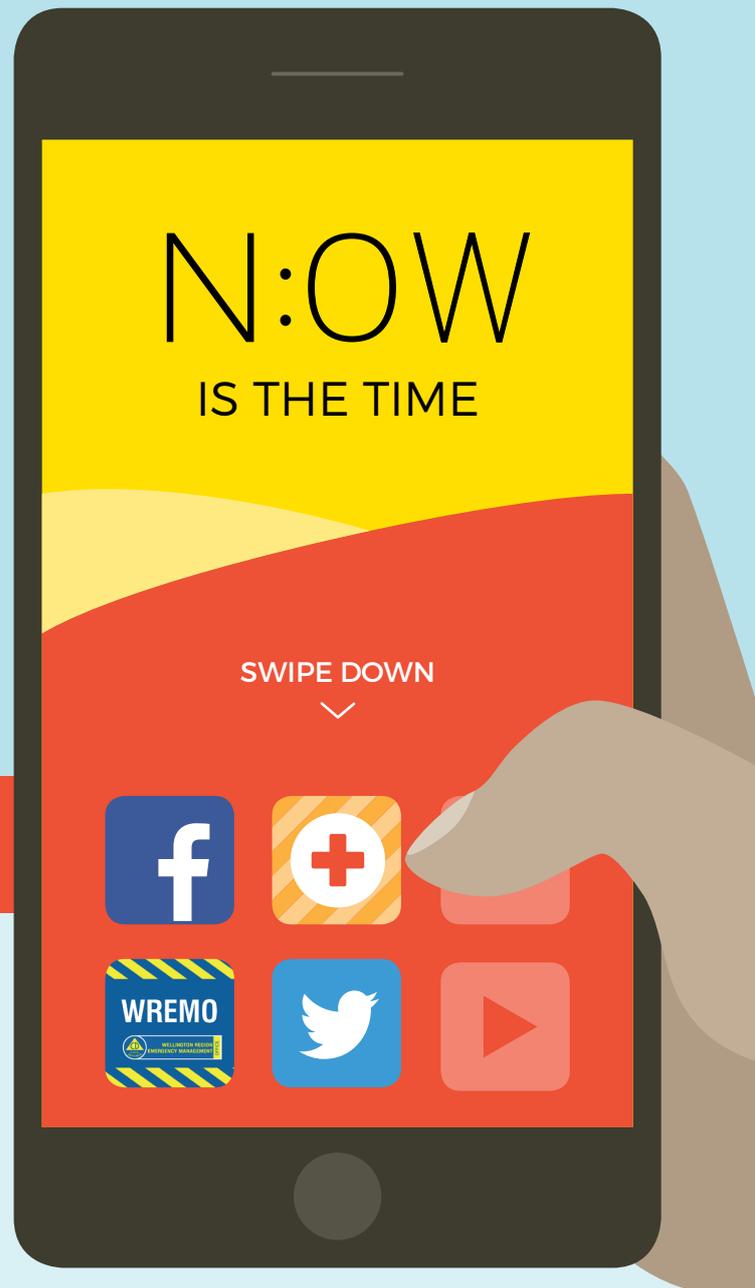
1. Sign up for alerts and follow WREMO

Download the app

Download the New Zealand Red Cross' Hazards app. Make sure General Notifications are turned on so WREMO can notify you during a life-threatening emergency. WREMO will send alerts only when personal safety is at risk. Adjust the other notifications to receive only what you want. Remember, this is the Wellington region and you probably won't want to be notified about every wind warning.

When you get an alert

Follow the advice and share the information on social media or by text with the people you care about.



Good sources for information during an emergency are:

-  WREMO's emergency website
VISIT www.WREMO.nz
-  WREMO's Facebook page
LIKE facebook.com/WREMOnz
-  WREMO's Twitter feed
FOLLOW [@WREMOinfo](https://twitter.com/WREMOinfo)
-  **VISIT** Your local council website and their social media
-  **LISTEN TO** Radio New Zealand and local stations

Good job! You've made the first step to stay safe

The Wellington region is an awesome place to live, but it's a little wild.

We often experience earthquakes, storms, flooding and landslides. We're also at risk from tsunamis.

These emergencies have similar impacts. It would be hard to get around, communicate with loved ones and get access to the essentials.

We've outlined the things you can do to prepare your household and community to get through the challenging days after a large earthquake safely, and as comfortably as possible.

By signing up for alerts, you've just completed the first step! Move on to what you can do today, tonight and over the next couple of weekends so your household is prepared. Each step is definitely worth the effort.

If you have any questions, please contact us.

FROM THE WREMO TEAM

(That's the Wellington Region Emergency Management Office)

While you're on getprepared.nz:

- 1 Follow the link above, select your local Hub and check out your area's Community Response Plan developed by locals like you.
- 2 Look at the tsunami evacuation zone map to see if the areas where you live, work, and play are in a tsunami evacuation zone.
- 3 Check out www.WREMO.nz website. This is where you will go for **credible information in an emergency**.
- 4 Find out what preparedness activities are happening near you getprepared.nz/events
- 5 Subscribe to our quarterly newsletter to hear the latest news getprepared.nz/newsletter



2. Practice Drop, Cover and Hold

International experts know you reduce your chance of injury if you Drop, Cover and Hold during an earthquake.

Most injuries during earthquakes are caused by the furniture, ornaments and building fittings, like ceiling tiles, rather than collapsing buildings.

In an earthquake:

Indoors - Stay inside until the shaking stops and it is safe to exit. Leave the building with caution and watch out for falling objects.

In a tall building - Same as above, don't rush outside just because the fire alarms go off.

Outdoors - Move away from buildings, trees, and power lines, then Drop, Cover and Hold until the shaking stops.

On a busy city street - Don't stay on the footpath as things might fall on you from the buildings around you. Quickly move into a building, then Drop, Cover and Hold.

If you are unable to Drop, Cover and Hold, brace yourself as best you can, and try to find a way to protect your head and neck



3. Know your tsunami zone

If you're near the coast during an earthquake and the shaking is either **Long or Strong, Get Gone!**

In a local earthquake, the only tsunami warning you will receive is the earthquake itself.

Tsunami are multiple waves that could keep coming for many hours. The first wave may not be the biggest. Immediately evacuate to safety and past the Tsunami Blue Lines.

Talk with neighbours about how everyone can get to safety – some may need extra help.

Find out if the places you live, work, or play, are in a tsunami zone and where you need to go to be safe.

 getprepared.nz/TsunamiZone



Wait for the all clear before going near the coast or into the water after a tsunami event

10 MIN

The first wave may arrive in as little as 10 minutes, so there is no time for an official warning such as sirens.

We only send alerts for tsunami that start from far away, like South America.



4. Create a household plan

After a large earthquake, you might not be able to use your phone, send an email or use social media. Plan now for when you can't communicate.

Keep your children safe

Schools have plans to keep your children safe.

 Check out your school's emergency plan at: getprepared.nz/schools

Arrange at least three friends or family within walking distance of the school to collect your children for you. Give their names to your school.

Talk with your children about what they could expect and who could collect them if you can't get there.

Agree on a safe meeting place

Decide on a place where you will go to find each other, and arrange to stay with friends or family if you need to.

Sort out home and contents insurance

Most people are underinsured. Make sure that your home and your possessions are insured for the right amount. Contact your insurer to discuss.



Plan for
your pets

Put together a Getaway Kit for home and work

You might have to leave home in a hurry or walk a long distance to get home from work. Think about what items you might need, and put together a grab bag with the basic essentials to get you through the next few hours or days. You can do this yourself and it doesn't have to be expensive.

 getprepared.nz/GrabBag

Utilities

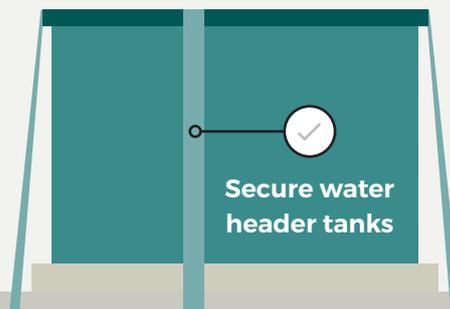
Damaged utilities can be dangerous and prevent you from staying in your home.

Find your gas main valve (if you have gas), main power switch, water toby, and learn how to turn them off. Mark them clearly so you can find them quickly.





5. Make your home safer



Check brick chimneys are properly secured. If you don't use your chimney, then remove it

Making your home safer will reduce the damage during an earthquake and allow you to stay in your home, even if it is a bit messed up.

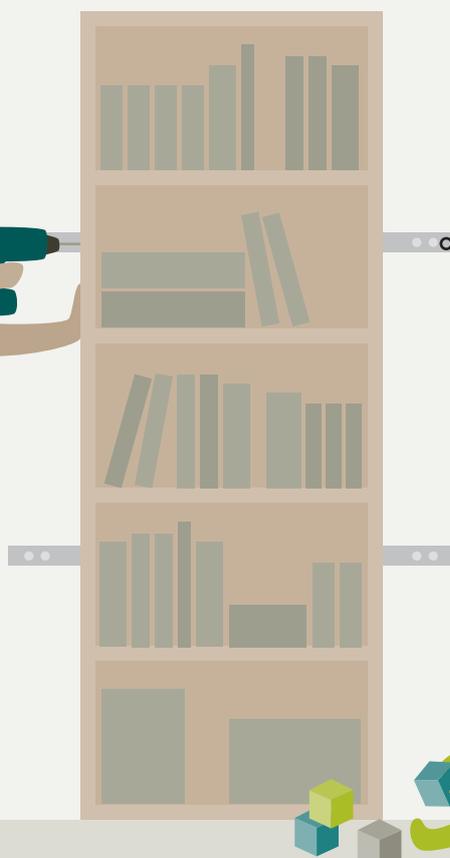
Check the roof, walls, furniture and foundations are safe.

If you need help, get a professional builder in to check your home.

 Find out more about getting your home quake checked: getprepared.nz/SafeHomes

If you're renting

It's in your landlord's best interests if your home is still liveable after an earthquake, so talk with them about making your home safer, using this guide.



Secure heavy or tall furniture

Replace any rotten or missing rafters and struts in your roof

Provide additional support for unreinforced masonry walls

Secure hot water cylinders and free-standing wood burners

6. Store water

After a large earthquake, water isn't going to come out of the tap, so you need to have an emergency water supply. The more you can store, the better. You will need to have enough water to last your entire household a week.

Buy a 200 litre (or bigger if you can!) water tank this weekend, so you'll have water during an emergency. They are affordable and easy to install yourself. Secure it and fill it with clean tap water.

 getprepared.nz/Water

If you can't get a water tank, storing at least some water is better than none!

Use large, plastic drink bottles. Don't use old milk bottles because the trace amounts of milk will contaminate the water.

Fill each container with tap water until it overflows. Place the lid on tightly and store in a cool, dark place.

Clean and refill the bottles every 12 months.

What goes in must come out. Find out how to manage your waste when you can't flush your toilet

 getprepared.nz/Toilets

Buy an emergency water tank like this from your local council for \$105

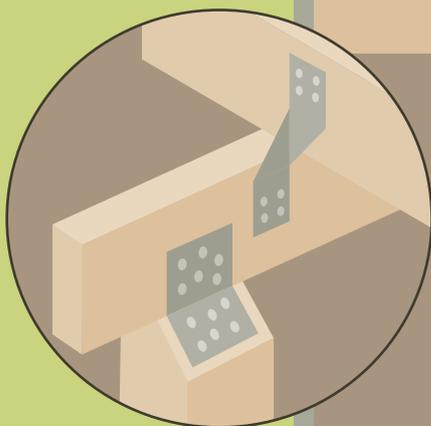


Check your foundations:

Secure the bearers to the piles

Has there been any excavation around the piles?

Replace any rotten or borer infested timber



7. Meet your neighbours

Most people are rescued by the people who are there at the time. Your neighbours are your first and best source of support.

Connect with a few people on your street this weekend, so in an emergency you can:

- Make sure **everyone** is safe and looked after, especially those who might need extra help
- Share resources and skills to help each other
- Support each other in the days afterwards.

Even better, you'll be helping build a friendlier, more resilient community every day of the year.

Start with a simple smile and introduction. The first step is always the hardest! Then suggest a few of you exchange contact details in case of an emergency. It's an easy conversation starter.

You can also start a Neighbourhood Support group on your street or join the local Timebank.



getprepared.nz/Neighbours

Organise a catch-up, BBQ or working bee with a few of your neighbours in a couple of weeks



WE'RE PREPARED!



We know who our neighbours are and they know us

8. Try camping at home

Your house is already full of emergency items disguised as everyday things!

The blankets on your bed, the clothes in your closet, and food in the kitchen are all useful items you can use in emergencies.

- Have supplies for babies, toddlers and pets, if you have them.
- Keep a list of your medications and make sure you have enough available.

By looking after yourself and your household, you'll also be helping emergency services focus their limited resources on the people who need the most help.



Ideally keep your pantry as full as you can, enough that you don't need to shop for a week

✕ ✕ ✕ ✕ ✕ ✕ ✕ ✕ **WE'RE PREPARED!** ✓ We have enough supplies to last a week in an emergency 9

Get involved

Free Emergency Preparedness Courses

Learn how to help your household and community prepare for, respond to, and recover from, a large earthquake. You'll help your community be better informed, prepared and connected.

- Register for one of our courses: getprepared.nz/Courses
- You can also become a WREMO Volunteer to help your community prepare and respond: getprepared.nz/Volunteer

Free Business Continuity Workshops

If you run a business or community organisation, you'll want to keep it operating after any disruption, big or small. Your customers and staff rely on you. Our workshop will help you and your staff get prepared to continue operations and make better decisions for your business in times of stress

Participants leave knowing the basics of business continuity planning and make a start on their own unique plan. We offer our two-hour workshops across the Wellington region.

- getprepared.nz/Businesses

Community Response Plans

People like you are contributing to your Community's Response Plan. Find out what planning is taking place and how you can contribute. You have valuable knowledge about your community that will help make a difference.

- getprepared.nz/ResponsePlan

Contact us

- ✉ wremo@gw.govt.nz
- ☎ 04 830 4279
- 📘 facebook.com/WREMONz

9. Locate your local Community Emergency Hub

Community Emergency Hubs are gathering points for your community. Hubs used to be called Civil Defence Centres – but we changed the name to better reflect their purpose.

After a large earthquake, you should gather at your local Hub to coordinate your community's response. You will only have the skills and resources available within your community, as official agencies like Police and Fire will not be able to assist you.

Find out where your nearest Hub is on our website getprepared.nz/Hubs

Hubs contain a basic start-up kit consisting of stationery, an AM/FM radio, maps, and a Civil Defence two-way radio that allows communication with your local council's Emergency Operations Centre.

There are no additional stocks of emergency supplies at Hubs.

Attend a Hub Exercise in your suburb and find out how you can help your community in an emergency.

Check out getprepared.nz/events to find out the next event in your suburb



We're prepared!

Household meet-up spot:

Contact details of people that can pick up our kids:

Our Community Emergency Hub is:

See the back for guidance on what to do **immediately following an earthquake**



Our neighbours' contact details are:

Our utilities are located:

Water:

Electricity:

Gas:



Visit **getprepared.nz** for emergency preparedness information

TAPE TO INSIDE OF KITCHEN CABINET

TAPE TO INSIDE OF KITCHEN CABINET

After an earthquake:



At risk of a tsunami?

- Move quickly to safety by foot or bicycle – inland or uphill. Don't drive.
- Follow any Tsunami Blue Arrows and evacuation route signs to the nearest safe area or above the Tsunami Blue Lines. Keep going to make room for others evacuating behind you.



Connect with others

- Meet at your chosen safe place before trying to get home
- Tell people you are safe by updating your social media status and voicemail message, if you can. Text, don't call, to reduce load on the network.



Collect your kids

- Make sure everyone knows what the plan is. Don't put yourself in danger by going to the school when your children are safe somewhere else! Collect them when it is safe to do so.



Make your home safe

- Turn off gas to prevent explosions only if you hear or smell gas leaking.
- Turn off electricity if the power goes out, or you have to evacuate. There could be damaged wires that you can't see.
- Turn off water, especially if you think there is damage to the pipes. Leaking water can damage your home.



Water and sanitation

- Boil untreated water for a minute before using it, or add ½ teaspoon of plain unperfumed household bleach to 10 litres of water. Leave for 30 minutes before drinking.
- Don't flush toilets. Dig a hole for your waste, if you can. Stay clean.



Check on your neighbours

- Look after anyone who lives alone, has limited mobility, or might need extra help.
- Support each other by sharing your skills and resources.



Go to your local Community Emergency Hub

- If you need assistance.
- If you can provide assistance by sharing resources and skills.
- To gather and share information on what has happened in your neighbourhood.
- To coordinate your community's response locally and pass on information to your council's Emergency Operations Centre.



Visit **www.WREMO.nz** or listen to the radio for emergency information.