

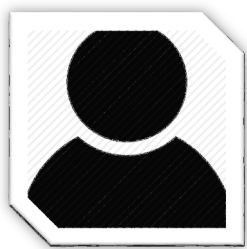
The



Family Emergency Book



Our family members are:



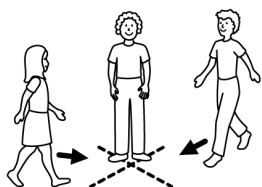
We live at:



Our pets are:

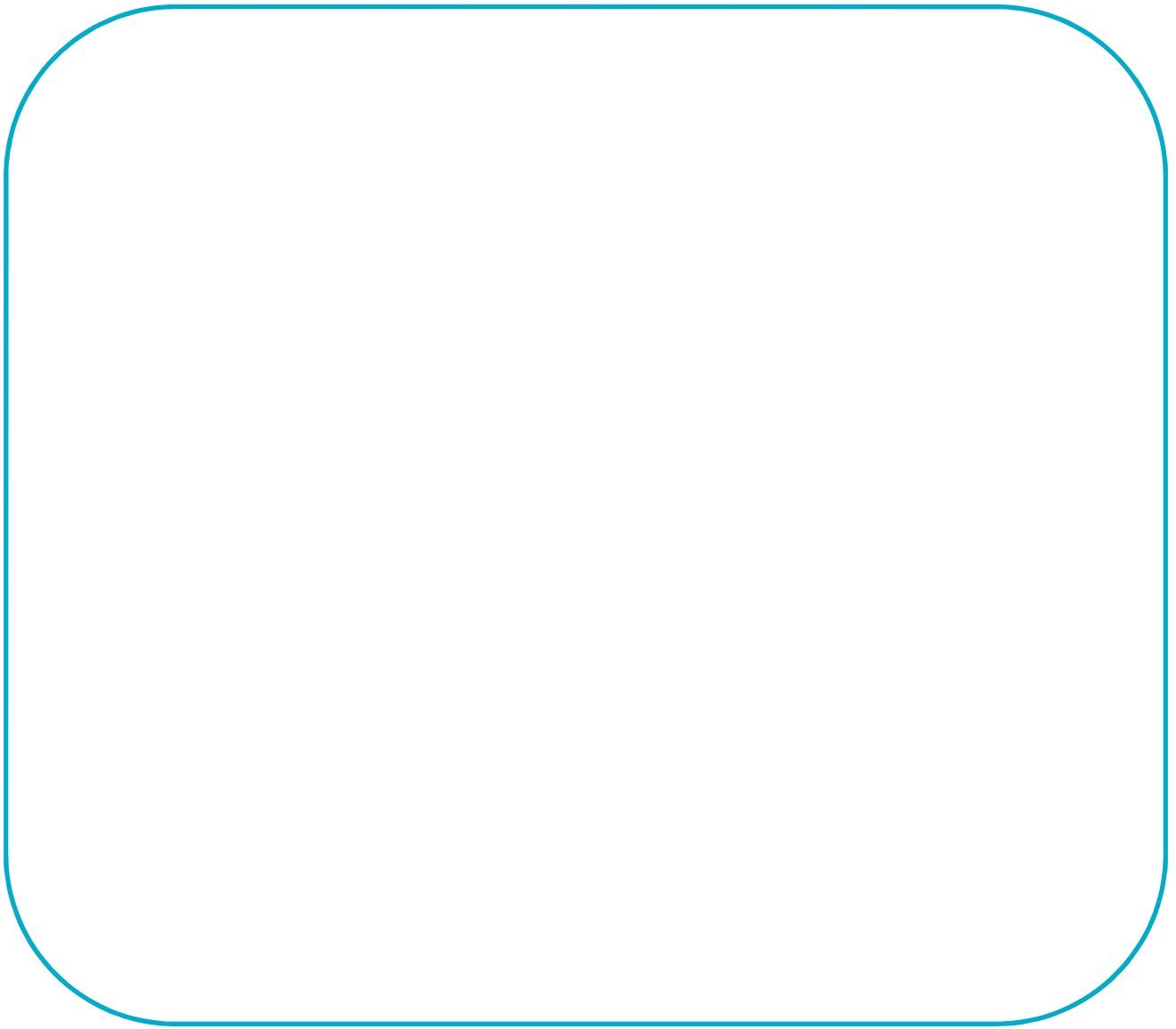


Our family meeting place is:



Our house

A plan of our house showing places to shelter e.g. in an earthquake, exits, assembly areas, and where to turn off water, electricity etc.



We leave messages for each other



Our household emergency plan

1. Put all items, especially blankets and clothing, into leak proof plastic bags.
2. Who is allowed to collect us from school in an emergency?
_____ or

3. In a civil defence emergency we will remain in our home unless advised otherwise. We will need to be prepared to look after ourselves for two to three days or more. In an emergency we will:
 - ✓ Stop, think and respond
 - ✓ Get our emergency survival items –torch, radio, batteries etc
 - ✓ Listen to the radio for advice and information
4. If we have to evacuate our home in an emergency we will:
 - ✓ Take our Getaway Kit with the necessary emergency survival items
 - ✓ Turn off our water, electricity, and gas (always seek professional advice before reconnecting gas supply).

**EMERGENCY
PLAN**

5. Important contact numbers:

Doctor: _____

Hospital: _____

Work: _____

Earthquake Commission: _____

Insurance: _____

Other: _____



First aid kit

If you cannot get a complete kit or would prefer to make one up yourself, the following list is recommended by the order of St. John as a minimum guide suitable for families.

- Triangular bandages (2)
- Roller bandages 50mm (1roll) and 75mm (2 rolls)
- Sterile gauze 7.5cm x 7.5cm (2)
- Adhesive wound dressing 6cm wide x 1m long (1 strip)
- Plaster strip dressings (1 packet)
- Adhesive tape 25mm hypoallergenic (1 roll)
- Sterile non-adhesive pads small (2) and large (3)
- Sterile eye pad
- Eye wash container
- Eye wash solution Saline steritube 30ml (1)
- Antiseptic solution Chlorhexide steritube 30ml (4)
- Safety pins (1 card)
- Scissors (1 pair)
- Splinter forceps (1 pair)
- Disposable gloves (2 pairs)
- Accident register & pencil
- First aid manual
- Card listing local emergency services
- Paracetamol



Household emergency checklist

Be prepared

Disasters can happen rapidly (e.g. earthquakes) or slowly (e.g. drought). 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
- How to turn off gas, water, and electricity at the mains
- How to maintain contact with each other during an emergency

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:

Documents

- Birth/marriage certificates
- Driver's licences/passports
- Family photos
- Insurance policies

Personal Items

- Towels, soap, toothbrushes, sanitary items
- Hearing and mobility aids, glasses (if required)

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

- Non-perishable food (canned or dried)
- A can opener
- A primus or gas BBQ to cook on
- Bottled drinking 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
- Toilet paper and large rubbish bags for your emergency toilet
- Pet supplies
- Waterproof torches and spare batteries
- Radio and spare batteries
- Face and dust masks
- Tissues
- Paracetamol

**check the batteries every 3 months*

Supplies for babies and small children

- Food, formula and drink
- Change of clothing
- Favourite toy or activity

Special supplies for those with disabilities

- Hearing and sight aids
- Mobility aids
- Asthma and respiratory aids
- Special food needs

Emergency Clothing

- Wind and rain proof clothing
- Sun hats
- Blankets or sleeping bags
- Strong shoes for outdoors

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

In an emergency dial 1 1 1

Rotorua Lakes Council Civil Defence Emergency Management contact number:

07 348 4199

Other emergency numbers:

.....

.....



Have we got...?

Have we got

Where is it?

- Survival kit
- Emergency plan
- Car emergency kit

Whose job is it to...?

- Check the food and water every year.....
- Check the radio, torch and batteries every 3 months.....
- Check the first aid certificates every 2 years.....
- Turn off the gas in an emergency.....
- Turn off the electricity in an emergency.....
- Turn off the water in an emergency.....
- Check on the neighbours.....

Checking check list

What	When
Batteries	
Torch	
Radio	
Food	
Water	
First aid certificates	



Emergency water hints



- 💧 Save plastic drink bottles for storing emergency water (not milk containers)
- 💧 Store chlorinated water in a cool, dark place for up to 1 year.
- 💧 Treat water by adding 5 drops of unscented bleach per litre – leave for 30 minutes before drinking.
- 💧 Alternatively, use water purification tablets as per the instructions.
- 💧 Strain any water with material in it and boil for 5 minutes
- 💧 Both hot water cylinders and header tanks contain drinkable water (tops can be fitted by a professional).
- 💧 Use swimming pool water for washing and sanitisation, but not for drinking!
- 💧 Rivers, streams and lakes may be contaminated and only useful for firefighting.

What do we do after something has happened?

1. Check on everyone around you:

- In the same room/building
- Next door
- Your street.

Make sure they are alright or phone 1 1 1 if they need medical attention.

2. Listen to local radio for advice and information.

The Hits	97.5 FM
Newstalk ZB	747 AM
More FM	95.9 FM
Radio Te Arawa	88.7 FM
1 XX	92.6 FM

They will tell you things like:

- What Civil Defence Centres are open if you need to evacuate
- The latest information on what is happening
- What roads are closed / open
- Whether the water / sewerage system is working or not.



Don't forget!

Special foods for:

Enough medicines for:

Lots of pet food for:

Be prepared!

