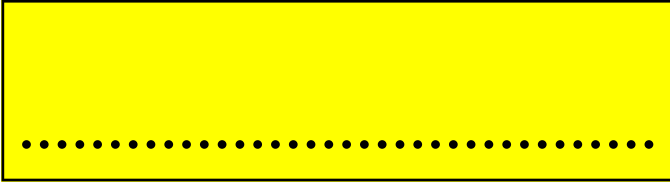


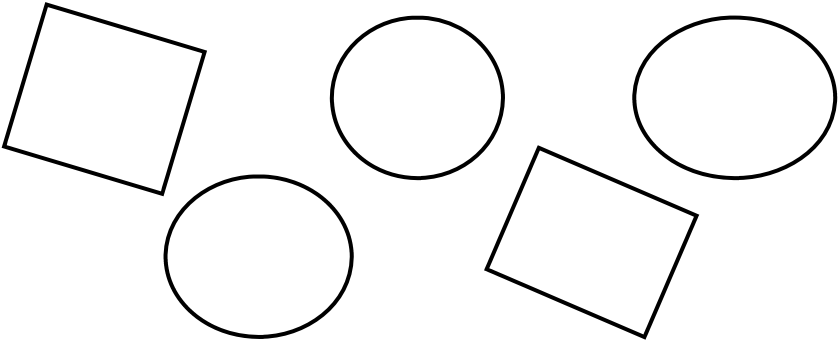
The



**Family
Emergency
Book !**



our family members are.....



we live at.....



.....
.....



our pets are.....

.....
.....

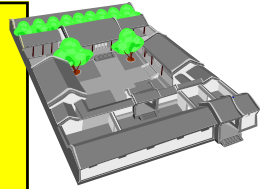
in an emergency our sector post is

.....
.....

(Refer to the sector post list over the page ...)

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 and gas:



A large, empty rectangular area enclosed by a dotted line, intended for drawing a house plan.

household EMERGENCY plan for our home

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 up to 3 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 the gas supply)

5. IMPORTANT CONTACT NUMBERS

Police, Fire or Ambulance **1 1 1**

Civil Defence

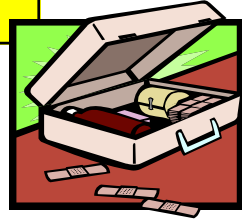
Others (e.g. family members)

.....

6. OUR NEIGHBOURS ARE:

| name | Address | Phone |
|------|---------|-------|
| | | |
| | | |
| | | |

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:

- Birth/marriage certificates
- Drivers' 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 (3litres 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

household EMERGENCY checklist continued...

SUPPLIES FOR BABIES AND SMALL CHILDREN

- Food, formula and drink
- Change of clothing
- Favorite 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 111

Your council Civil Defence Emergency Management contact number:

.....

Other emergency phone numbers:

.....

.....





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 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 | |
| 1ST AID CERTS | |
| -Mum | |
| -Dad | |

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 2 years
- Store un-chlorinated water in a cool, dark place for up to 1 year
- Eastern area of Rotorua is NOT chlorinated, all other areas are
- 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 (taps can be fitted by a professional)
- Use swimming pool water for washing and sanitation, but not for drinking !
- Rivers, streams and lakes may be contaminated and only useful for firefighting !

Where are our sector posts ?

Ngongotaha, School Rd, Ngongotaha

Mamaku Primary School, 54 Tarena Street, Mamaku

Mokoia Intermediate, Brent Road, Rotorua

Ngakuru Primary, Whirinaki Valley Road, Ngakuru

Lake Rerewhakaaitu Primary, 9 Aspit Road, Rerewhakaaitu

Waiariki Institute of Technology, Mokoia Drive, Rotorua

Glenholme Primary, 149 Ranolf Street, Rotorua

Lake Rotoma Primary, Manawahe Road, Rotoma

Whangamarino School, Okere Falls, Rotorua

Kawaha Point School, Aquarius Drive, Rotorua

Waikite Valley School, Waikite Valley Road, Waikite Valley

Reporoa College, Massey Road, Reporoa

Sunset Primary, Sunset Road, Rotorua

Aorangi Primary, Gem Street, Rotorua

Lynmore Primary, Iles Road, Rotorua

Malfroy School, Malfroy Road, Rotorua

Selwyn Primary, Old Quarry Road, Rotorua

Westbrook School, 362 Malfroy Road, Rotorua

Kaitao Intermediate, Bell Road, Rotorua

Otonga School, Otonga Road, Rotorua

Rotokawa School, Rotokawa Road, Rotorua

St. Michael's School, 11 May Road, Rotorua

Western Heights Primary, Clayton Road, Rotorua

Rotorua Primary, Arawa Street, Rotorua

don't forget !

Special foods for:

.....

Enough medicines for:

.....

Lots of pet food for:

.....

be prepared !

