

KIA RITE: YOUR WHĀNAU EMERGENCY PLAN

Inside this guide:

- Talking about emergencies
- A safe place for fears
- The big four: floods, fires, earthquakes and tsunamis
- Your emergency plan
- The emergency task list



Save the Children

**Emergencies
are part of life.**

**Your whānau
emergency plan
should be too.**

This is your whānau emergency plan. Regularly review and update during a whānau emergency planning hui.

Before you leave home during an emergency, complete the evacuation notice on the last page and attach it to your door. Take the rest of this booklet with you.

PREPARING FOR EMERGENCIES

TE WHAKARITE

Always be prepared “Moea te poi, moea te taiaha”

Invite people in your whare to a planning hui.

Why have a plan? Hei aha te mahere?

Planning helps us to understand the risks and what we can do to protect ourselves, pets and belongings.

It also helps our recovery after an emergency event.

Whose job is it? Mā wai ngā mahi?

Emergency planning is everyone's job. Knowing what to do before anything happens helps whānau before, during, and after an emergency.



TALKING ABOUT EMERGENCIES

KŌRERO OHOTATA



Prepare them for the 'what ifs' | Kei tūpono ohotata, ka aha?

Reassure tamariki that an emergency is a rare event but one that Kiwi families need to prepare for – so everyone knows what to do to stay safe and look after each other.

Teach them how to stay calm | Kia tau te mauri

Focused breathing and visualisation exercises are great ways to help children manage their fears during and immediately after an emergency.

Give reassuring answers | Kia pai ō whakautu

Tamariki might have questions about a scary situation they've seen on the news. Focus on how they can stay safe and which emergencies they're most likely to face in New Zealand.

Create your own Emergency House Crew | Whakaritea he Kaiāwhina Whare Ohotata

Start by creating your household emergency response team, then work together to create your Whānau Emergency Plan. Practise the emergency drills, and talk about the abilities and disabilities of people in your whānau and how you can help each other. You can also work together to pack your Go Bag and make a plan for where to store it, so it is ready for when you need it.

Remind them there are people who can help | He tāngata hei āwhina

A child might not be with parents when disaster strikes, so talk with your tamariki about reaching out to people like teachers, neighbours, friends, family and trained volunteers and workers.

THE BIG FOUR

NGĀ TAKE MATUA

Floods, fires, earthquakes, and tsunami are the most common big emergencies in Aotearoa.

Earthquake | Rū whenua

Aotearoa lies across many faultlines in Earth's surface. Faultline movement causes earthquakes. Small shakes can be an opportunity to practice drills.

Drop cover hold | Pāhake Hīpoki Pupuri

Drop – on your hands and knees (so you don't fall)

Cover – under a table or solid surface

Hold – chair legs in place until it stops shaking

Wait until the ground stops shaking before you move.

When there is a big earthquake, there are aftershocks. There may also be a tsunami.

Drop cover and hold!



Find out more:
[Get ready - earthquakes](#) »



Tsunami | Tainiwhaniwha

Long or strong – get gone | Ka roa, ka kaha – e puta

- A long or powerful earthquake can trigger tsunami waves.
- Not all earthquakes cause tsunamis.
- Not all tsunamis are caused by earthquakes you can feel.
- Respond to regional or national alerts.

Long or strong – get gone!

Respond to alerts

Evacuation: If you are near the coast, grab your Go-Bag and get to higher ground as soon as it is safe. Stay away from the coast.

Find out more:
[Get ready - Tsunami](#) »



Fire | Ahi

Get out
and stay
out!

Inside fire

If you see fire, smell smoke, or hear a fire alarm, **shout FIRE! FIRE! FIRE!**

Get out and stay out | E puta, kua e hoki atu

- Go to your safe place.
- Call emergency services and tell them:
 - the address of the fire
 - if anyone is still in the house, and where.
- Regularly check smoke alarms.

Outside fire

- Call emergency services (111) when you see an uncontrolled vegetation fire.
- Move away from the direction the fire is moving.
- Stay tuned to local news updates.
- Fire moves fastest uphill. You can't outrun a vegetation fire that is burning uphill.
- If you are not safe, grab your Go-Bags and go to your safe place. Leave early.

Find out more: [Firewise](#) or [Get ready - wildfire](#) »



Flood | Waipuke

Go early and
go high!

Go early and go high | Me moata tō piki whakarunga

- Heavy rain can cause rivers to rise and flood river valleys and plains. High tide can add to the risk.
- Be aware of possible mudslides, slips, rockfall, debris, and fallen trees.
- The ground below the water will change. Use a big stick to test the ground before you step.
- Turn off power and gas if your home is threatened by rising water.
- Floodwater is contaminated. Don't drink, wash, or play in it.

Evacuation | Whakatahi

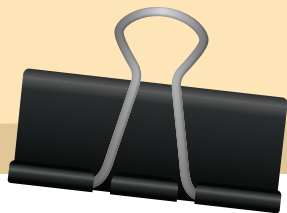
Know your local evacuation locations (schools, halls, marae). Talk to your neighbours about safe places. Have a plan B if roads or paths are blocked. Grab your Go-Bags.

Find out more:
[Get ready - Floods](#) »



A SAFE PLACE FOR FEARS

HE ĀHURU MŌWAI



Tackle your fears by talking about them and creating a safe space. Complete this Activity Sheet with your whānau to prepare for emergency situations that might feel stressful or scary.

What are we worried about?

What can our whānau do to prepare?

Fire

Flood

Earthquake

Tsunami

What can I do to prepare?



GO-BAG CHECKLIST

RĀRANGI TIROTIRO KETE OHOTATA

Your Go-Bag contains survival items you may need if you leave home in a hurry and need to stay away for several hours or days.

Everyone needs a bag that can be closed and carried on your back to keep hands free. Identify the best place to keep your Go-Bag. Tell each other where your Go-Bags are kept.

What should I put in my Go-Bag?

- Water and Snacks
(muesli bars, nuts, raisins)
- Health and hygiene (soap, towels, toothbrush, medicines)
- Warm clothes and underwear
- Small games, cards, toys
- A torch, batteries, phone charger



Last-minute Go-Bag items

- Favourite toy: _____

- Medicines: _____

- Raincoat and gumboots

Go-Bag review

Replace items
as needed.

Include clothes for
the season.

For a complete list
of items, refer to the
[Get Ready](#) website »



PRACTICE MINDFUL BREATHING

KIA TAU TE MAURI

Lemon

This exercise releases muscle tension

Pretend you are next to a lemon tree.

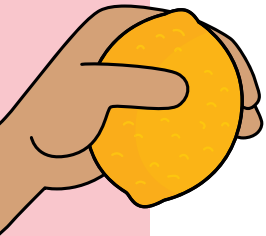
Reach up to the tree and pick a lemon with each hand.

Squeeze the lemons hard to get all the juice out. Squeeze, squeeze, squeeze.

Throw the lemons on the floor and relax your hands.

Then repeat, until you have enough juice for a glass of lemonade!

After your last squeeze and throw, shake out your hands to relax!



Lazy Cat

This exercise releases muscle tension

Pretend you are a lazy cat that just woke up from a lovely long nap.

Have a big yawn. And a meow.

Now stretch out your arms, legs and back slowly like a cat – and relax.

Flower and Candle

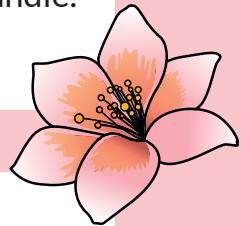
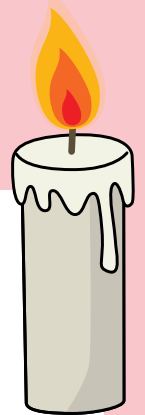
This exercise encourages deep breathing – a great way to relax.

Pretend you have a nice smelling flower in one hand and a slow burning candle in the other.

Breathe in slowly through your nose as you smell the flower.

Breathe out slowly through your mouth as you blow out the candle.

Repeat a few times.



Feather/Statue

This exercise releases muscle tension

Pretend you are a feather floating through the air for about ten seconds. Suddenly you freeze and transform into a statue.

Don't move!

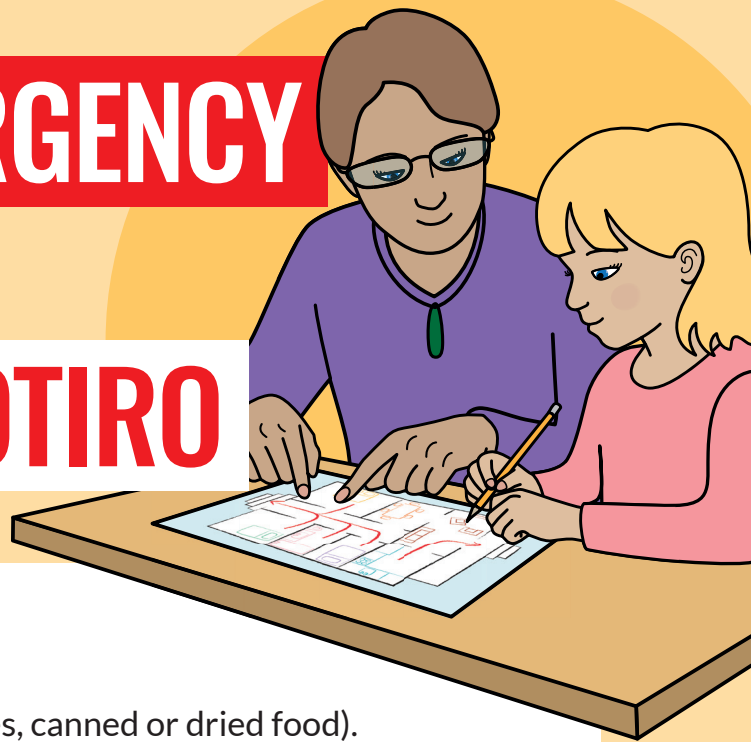
Then slowly relax as you transform back into the floating feather again.

Repeat, making sure to finish as a floaty feather in a relaxed state.



WHĀNAU EMERGENCY CHECKLIST

RĀRANGI TIROTIRO



- Fill your Go-Bag with survival basics
- Store isolation supplies (water bottles, canned or dried food).
- Practice drills and identify evacuation places for:
 - Flood | Waipuke _____
 - Fires | Ahi _____
 - Earthquakes | Rū whenua _____
 - Tsunami | Tainiwhaniwha _____

Who might be able to look after tamariki during an emergency or pick them up from their early years centre?

Who can help? | Mā wai hei āwhina?

Personal (whānau, friends, neighbours):

Name: _____ Address: _____ Phone: _____

Local and regional services:

Emergency services: **111**

Local council: _____

Power company: _____

THE PLAN

TE MAHERE



What's in the whare?

People: _____

Animals: _____

Where's my Go-Bag?

Plan your evacuation routes and safe zones.

Identify and write in a safe place for each emergency event. Your safe place will depend on the type of emergency and where you live. If you live near a river, identify a safe high place. If there is a fire in your house, is there a safe gathering place near your letterbox, or somewhere near the road?

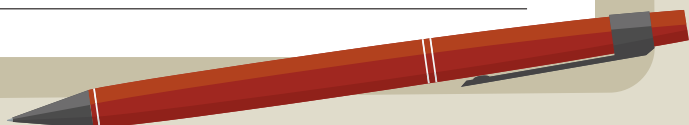
House Fire | Ahi:

Tsunami | Tainiwhaniwha:

Flood | Waipuke:

Earthquake | Rū whenua:

Do you know anyone who needs extra help getting to safety in an emergency? Does anyone have a disability or are there people with very young tamariki who might need help? Write down who could need help and how you could help them.



We hope
you enjoyed
working
together
to create...

KIA RITE: YOUR WHĀNAU EMERGENCY PLAN



Like Tokasa, you're brave and ready for anything.

Tokasa lives in Fiji, where climate change is causing sea levels to rise and making natural disasters like cyclones more intense.

Like many children here, Tokasa is anxious about these growing environmental threats to her home, her family, and her own future.

But thanks to Save the Children and our supporters, Tokasa is now empowered to make a difference.

As a member of her local Disaster Risk Reduction Club, she's helping everyone in her community to better prepare for, respond to and recover from disasters. Tokasa said:

"Children like me can be leaders, educators and agents of change for disaster resilience."



**Save the
Children**

Each year, with the help of our supporters, Save the Children reaches millions of children affected by conflicts, disease, floods, and cyclones.



EVACUATION NOTICE

PĀNUI WHAKATAHI



Has everyone left this property?

Yes: We have gone to: _____

No: Who remains at this property? _____

Pets evacuated

Yes

No: What kind of animal/s? _____

Names: _____

Are there any hazards (chemicals, gas, locked doors that could block the exit)? *Turn off the power and gas before you leave.*

Contact name and number:

Other useful information: _____

Useful resources:

[Get Ready](#)



[Metservice](#)



[Geonet](#)



[Civil Defence NZ](#)



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