

Rautaki ā Whānau / Whānau Plan

This is our plan to make sure we all know what to do **in the case of an emergency**, no matter what that is.

Our main household contacts are:

Name: _____

Contact number: _____

Name: _____

Contact number: _____

In our whānau, these members need extra help:

In an emergency what medications or related things will need to be taken with you? For example: Hearing aids.

If we cannot get in contact with anyone, we will:

Our whānau will meet in the following places when there is a...

Example: Consider your 'go to' places to meet will be outside of the tsunami zone so the tamariki are not heading somewhere that could be unsafe.

Earthquake: _____

Fire: _____

Tsunami/flood: _____

If we have to evacuate, we will:

- Take our Grab Bag
- Turn off electricity, water and gas
- Take our pets with us, where we can
- Remember to take any medication

We will go to the following places if we cannot get home:

For example: Nana's, Auntie's, marae, Community Centre, school.

1: _____

2: _____

3: _____

Our plan if we run out of water, or power has been cut off:

Do you have enough drinking water? (3L per person per day for at least 7 days. You'll need a bit extra for cleaning and cooking). How will you cook, stay warm or see at night? (Don't use candles as they are a fire hazard). Having full petrol cans will also be useful in case petrol stations are down.

These are the ways we will keep updated with the news:

What radio station channels do you know that you can use?

Radio: _____

Social media: _____

Local council: _____

Websites/online media: _____

IF OUR TAMARIKI ARE STUCK AT SCHOOL, AND WE CAN'T GET TO THEM THEN THE FOLLOWING PEOPLE CAN PICK THEM UP:

If you are not able to pick up the tamariki from pre-school, kindergarten, school, or afterschool care etc., who will? Does the school/daycare have their details?

Name: _____

Contact number: _____

Name: _____

Contact number: _____

Name: _____

Contact number: _____



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For further information visit
www.getready.govt.nz



Emergency services 111

Our GP/name:

Local Council Emergency Management:

Healthline **0800 611 116**

Te Piki Oranga **0800 672 642**

Te Kotahi o Te Taihuhu Trust
0800 514 358

Mental Health Helpline
Free call/text 1737

Plunketline **0800 933 922**

Pharmacy:

School:

Kindergarten:

Hospital:

A phone number of someone your whānau will connect with to say where you are if you can't get hold of each other.

Name:

Number:

Address:

Our checklist for our Grab Bag

- Toilet paper
- Hauora kit/first aid kit
- Tinned food
- Powdered milk
- Pet supplies
- Bars of soap
- Bottled water
- Lighter
- Toothbrushes
- Toothpaste
- Shampoo and conditioner
- Hairbrush
- Clothing
- Shoes
- Blankets/sleeping bags
- Gas cooker
- Spare gas canisters
- Pot/fry pan
- Cutlery
- Cash (if banks are down)
- Self-charging torch
- Batteries
- Radio
- Sanitary items
- Waterproof tent
- Rubbish bags
- Important documents

TIP

Taking photos on a phone of medication

labels, important documents, customer numbers etc is a great way to store information, but make sure you have the proper privacy tool set up in case you lose your phone.

Our Grab Bag is stored:

Checklist for flu/Covid

- RAT tests
- Masks
- Hand sanitiser
- Gloves
- Cleaning products
- Lemons
- Honey
- Ice-blocks
- Vitamin C
- Throat spray
- Lozenges
- Tissues
- Paracetamol
- Heat and cool packs
- Electrolytes
- Vicks/eucalyptus for steaming
- Saline nasal rinses/sprays
- Kawakawa or other balm
- Rubbish bags
- Pre-cooked frozen kai
- Medication/prescriptions filled

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