# 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:	We will go to the following places if we cannot get home:
Name: Contact number:  Name: Contact number:	For example: Nana's, Auntie's, marae, Community Centre, school.  1:
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.	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
If we cannot get in contact with anyone, we will:	down.
	These are the ways we will keep updated with the news:
Our whānau will meet in the following places when there is a	These are the ways we will keep updated with the news:  What radio station channels do you know that you can use?
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:	What radio station channels do you know that you can use?  Radio:  Social media:  Local council:
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:	What radio station channels do you know that you can use?  Radio:  Social media:
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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?

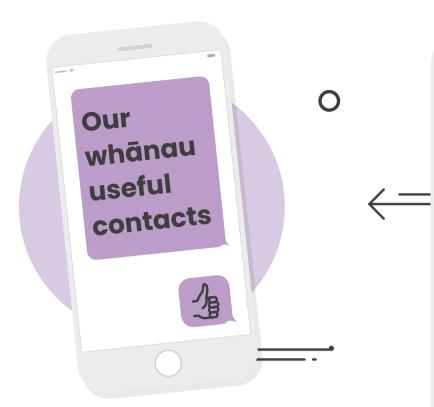
Contact number: \_\_\_

Name: Contact number: \_\_\_\_\_

Name:

Contact number: \_\_

For further information visit www.getready.govt.nz



### **Emergency services 111**

Our	GP/	name:
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Local Council Emergency Management:

Healthline 0800 611 116

Te Piki Oranga **0800 672 642** 

Te Kotahi o Te Tauihu 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
- O Hauora kit/first aid kit
- O Tinned food
- O Powdered milk
- O Pet supplies
- O Bars of soap
- O Bottled water
- Lighter
- Toothbrushes
- Toothpaste
- Shampoo and conditioner
- Hairbrush
- Clothing
- Shoes
- O Blankets/sleeping bags
- Gas cooker
- Spare gas canisters
- O Pot/fry pan
- Outlery
- Ocash (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

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







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