

Be prepared for an emergency

When emergencies happen, you don't get time to put together your survival essentials. That's why it's important to have emergency kits set up in your home ready for action. You'll also want to protect your home and valuables, and how you do this could change depending on the emergency you're facing. We've put together this handy guide to help you stay safe. Take some time to put together your emergency kit now, and keep this list nearby so you know what to do if disaster strikes.

Flood

If you need to evacuate:

- Notify a neighbor or a friend or of your new address
- Turn off power, water and gas
- Pack warm clothing, essential medication, valuables and sentimental items in waterproof bags, to be taken with your emergency kit and remember to take your mobile phone
- Move furniture, clothing and valuables onto beds, tables (electrical items highest)
- Lock your home and take recommended evacuation routes for your area
- Don't drive through flooded ground.

If you stay during the flood:

- Stay tuned to local radio for updated advice
- Don't allow children to play in, or near, flood waters
- Avoid entering floodwaters
- Stay away from drains, culverts and water over knee-deep
- Don't use gas or electrical appliances which have been in flood water until checked for safety
- Don't eat food which has been in flood waters and boil all water until supplies have been declared safe.

Cyclone

- Check that the walls, roof and eaves of your home are secure
- Trim treetops and branches well clear of your home
- Fit shutters to all glass areas
- Clear your property of loose material that could blow about and possibly cause injury or damage during extreme winds
- Keep a list of emergency numbers on display
- When a cyclone watch is issued, fill your car's fuel tank. Ensure that your family members know which is the strongest part of your house
- Listen continuously to your local radio / TV for further warnings
- When the cyclone strikes, disconnect all electrical appliances. Listen to your battery radio for updates
- Stay indoors (unless you are asked to evacuate) in the strongest part of the building, i.e. internal hallway or bathroom. Keep evacuation and emergency kits with you
- Protect yourself with mattresses, rugs or blankets under a strong table or bench if the building starts to break up
- Drive carefully as roads may be filled with debris.

Earthquake

- Know the safest areas during earthquakes - shelter under a door frame, table, bench, etc
- If indoors, don't leave the house and keep clear of windows, and overhead fittings
- If you're away from home, do not use elevators or lifts and keep well clear of buildings, overhead structures, walls, bridges, power lines, trees etc
- Stay away from fallen power lines; damaged roads and landslides
- Listen to your radio for warnings before moving
- Turn off electricity, gas, and water. Do not light matches and check for gas or fuel leaks and damaged wiring
- Check for broken water, sewerage or electrical mains
- Expect aftershocks. Evacuate if the building is damaged
- Do not go sightseeing or enter damaged buildings. Don't panic. Help others if possible.

Emergency items

Food and water – for three days or more

- Bottled drinking water (at least three litres per person per day)
- Water for washing and cooking
- Non-perishable food (canned or dried) and a can opener
- A primus or gas barbecue to cook on.

Check and replace food and water every 12 months.

Other emergency items

- Waterproof torches and spare batteries
- AM / FM radio and spare batteries
- First aid kit and essential medicines
- Blankets or sleeping bags
- Wind and rain proof clothing.

Check all batteries every three months.

Supplies for babies and small children

- Food, formula and drink
- Change of clothing and nappies
- Favorite toy or activity.

Other supplies

- Hearing and sight aids, batteries
- Asthma and respiratory aids
- Special food needs.