

**KĀORE HE
WAI**

**KĀORE HE
HIKO**

**KĀORE HE WAEA,
HE IPURANGI
RĀNEI**

Ka aha koe?

**KĀORE E
TAEA TE
HOKI KI TE
KĀINGA**

**ME
WHAKATAHI
ATU**

**KĀORE E
TAEA TE WEHE I
TE KĀINGA**

GET READY

Tē mōhiohia āhea, ki hea rānei te ohotata. Ka taea e ngā waipuke, e ngā āwhā, e ngā rū whenua, e ngā tai āniwhaniwha, e ngā rangitoto me ētahi atu matepā te whakatōhenehene o tātou nei ao, te tūkinu o tātou nei kāinga, te whakaputa hoki te kino taumaha.

Ina pā tētahi ohotata, ka pukumahi ngā ratonga o Te Rākau Whakamarumaruru me ngā ratonga ohotata e āwhina ana i ngā tāngata e tino hiahia ana ki a rātou.

Kei a koe anō te whakarite kia mōhio tō whānau rātou ko ngā tāngata e kaingākauria ana e koe me aha rātou.

Ko te rongopai, he māmā noa te takatū ināianei. Matapakitia ki tō whānau me te whakarite i tā koutou e mahi ai.



GET READY

**WHAKARITEA HE MAHERE I TE TAHA
O TŌ WHĀNAU, Ō HOA, Ō HOANOHO
RĀNEI KIA PUTA AI TE IHU INA
TŪPONO HE ĀHUATANGA OHOTATA.**

Tangohia tētahi whārangi pepa, kātahi ka tuhi i ngā mea e
āminetia e koutou, i a wai me mate koe ki te whakapā atu, i
ngā mea hoki me mahi kia takatū ai.

WHAKARITEA HE MAHERE

Our emergency plan

We will meet at Grandmā House.

Grandmā will pick up Lily if we can't

We will check in with Amy Jean 07 264 9621

Our Torch, Radios and first aid kit
are in the hall and the getaway bags
are in the cupboard.

Contacts

Grandmā 071 422 196

Amy Jean 07 264 9621

School 226 0977

076 0900

076 09271

To do list

Put Getaway bags in
the hall cupboard

Fill juices bottles with
water

Put sneakers in work p

Mēnā kāore e taea e tātou te hoki ki te kāinga

Ki hea koutou hui ai ki te kore e taea te whakapā atu tētahi ki tētahi, ā, kāore e taea te hoki ki te kāinga? Mā hea koutou tae atu ki reira? Mā wai ngā tamariki e tiki ki te kore e taea e koe? E mōhio ana rātou ki tērā? Kei te kura / te pokapū kōhungahunga ā rātou taipitopito?

Ki te kore e taea e tātou te whakapā atu tētahi ki tētahi

Ka whakapā atu koutou ki a wai? Me noho tēnei hei tangata kei tāone kē atu kei pakaru ngā waea ā-waea.

Ka hiahia pea a wai rānei ki tā mātou āwhina?

He hoa, he whanaunga, he kiritata rānei ka hiahia pea ki tō āwhina kia puta atu i tētahi ohotata, kia whakatahi atu rānei?

Me whakapā atu mātou ki a wai?

(Waea atu ki 111 hei te ohotata i ngā wā katoa)

Whakaarohia te waea wera ohotata a tō kaunihera, tō pokapū rongoā / tō tākuta, tō kaituku rīhi, tō kamupene inihua, tō kamupene hiko, tō pokapū kōhungahunga / tō kura, tō wāhi mahi, tō whānau hoki.

Mēnā kāore e taea te wehe i te kāinga

He kai, he inu ā koutou mō te toru rā, neke atu rānei (mō te katoa e tae rā anō ki ngā pēpi, ki ngā mōkai)? He rama, he reo irirangi, he pāterī ā koutou mō ngā mea e rua? Ka pēhea nei ngā rawa āwhina tuatahi / rongoā? Ehara i te mea me noho ki roto i te pouaka nui kotahi, heoi anō me rapu pea koe i ērā ki te pōuri.

Ki te kore tō tātou hiko

Ka pēhea tō tunu kai, tō noho mahana, tō kite i te pō? Kaua e whakamahi i ngā kārara nā te mea he matepā ahi ērā. He moni tuwhene āu kei kore ngā ATM e mahi ana? He hinu rawaka āu kei kore ngā papu hinu e mahi ana?

Ki te kore tō tātou wai

He rawaka te wai inu kua whakaputuhia (e toru ngā rita mō ia tangata mō ia rā mō te toru rā neke atu rānei)? He wai ōu mō ō mōkai? Ka tunu, ka horoi koutou ki te aha? He aha hei wharepaku mā koutou?

Mēnā me wawe te wehe atu

He pēke nanao* ā te katoa kei mate koutou ki te whakatahi atu? Ki te kāinga, ki te mahi, ki roto i te motokā?

* He pēke paku kei roto ko ngā kākahu mahana, he rama, he reo irirangi, he kete whakaora ohotata, ngā paramanawa me te wai, ngā rongoā waiwai me ngā tārūatanga o ngā puka hira, he ID whakaahua hoki kia tae atu ai koe ki tō wāhi haumarua.

KA AHA KOE?

KĀORE E TAEA TE WEHE I TE KĀINGA



Hei te nuinga o ngā ohotata, ko te tino painga ko te noho tonu ki tō kāinga mēnā e haumarua ana kia pēnei. Heoi anō, ko te hua o tērā pea kāore te hiko, te wai, tētahi ara rānei kia tīkina ngā rawa mō te toru rā, neke atu rānei. E rawaka ana tō kai, tō wai? Kua whakaarohia ngā whanaunga e hiahia rongoā ana? E rawaka ana tō kai, tō wai mō ngā mōkai hoki kia puta atu?

KIA TAKATŪ

- 1 Ehara i te mea me noho tō rawa ohotata ki tētahi kete, engari me rapu pea koe i ērā i te pōuri. Whakaritea kua mōhio te katoa kei hea ngā rama, ngā pāteri hoki.
- 2 Ki te weto te hiko, kaingia tuatahitia ngā kai mai i tō pouaka makariri, kātahi i tō pouaka tio. Kātahi ka kaingia ngā kai kei te kāpata, kei tō kete ohotata rānei.
- 3 Me whakawhanaunga koe i ō kiritata. Hei te ohotata ka hiahia pea rātou ki tō āwhina, ka hiahia rānei koe ki tō rātou āwhina, ā, ka taea pea koutou te piri ngātahi kia puta atu.

HE TINO TĪWHIRI

Me noho hou ki ngā mōhiohio ohotata mā te whakarongo ki tētahi reo irirangi ka whakahikongia e te pāteri, e te hiko kōmaru rānei. Hihiratia ngā pae tukutuku, te pāpāho pāpori hoki a tō kaunihera ā-rohe, a ngā Rōpū Whakahaere o Te Rākau Whakamarumaru hoki/rānei. Whāia ngā tohutohu a te rākau whakahaumarua, a ngā ratonga ohotata.

KA AHA KOE?

KĀORE E TAEA TE HOKI KI TE KĀINGA



Hei te ohotata, kāore pea te ikiiki tūmatanui e whakahaeretia, ā, kua aukatia pea ngā huarahi, ngā pae kiritata. Ki te kore koe e āhei ana te haere i tō ara noa ki te kāinga, ka pēhea koe e hoki atu ki reira? Ka haere koe ki te taha o wai? Hei hea koutou e tūtaki ai ki te rāhuitia tō tiriti?

KIA TAKATŪ

- 1 Whakaaetia tētahi wāhi hui ki te kore e taea te hoki ki te kāinga. He kura pea, he kāinga o tētahi hoa, ki te taha o te whānau rānei.
- 2 Ki te mahi koe atu i te kāinga, rapua ngā hoa mahi e noho ana ki tō rohe. Hei te ohotata ka taea e koutou te haere ngātahi.
- 3 Me whai pēke nanao i te mahi, i tō waka rānei. Me whai ēnei te pēke, ngā hū hīkoi, ngā kākahu mahana, ētahi paramanawa, tētahi pounamu wai. Ka whai take hoki tētahi rama, ētahi pāteri, tētahi reo irirangi hoki.

HE TINO TĪWHIRI

Tukuna ki tō kura, ki tō pokapū kōhungahunga tētahi rārangi o ngā tāngata e toru e whakaaetia ana ki te tiki i ngā tamariki ki te kore koe e āhei ana te tae atu ki reira.

KA AHA KOE?

ME WHAKATAHI ATU



Hei te ohotata, kāore pea ētahi whare, ētahi tiriti, ētahi pae kiritata e haumaruru ana kia noho tonu, ā, me whitawhita pea tō wehe i tō kāinga. Ki te whakatahia tō tiriti, ka haere koe ki hea? Ka kawea atu koe i te aha? Ka pēhea ngā mōkai? He kiritata ōu ka hiahia pea ki tō āwhina?

KIA TAKATŪ

- 1 Me rite tētahi pēke nanao mō te katoa ki tō kāinga. Me whai taua pēke i ngā kākahu mahana, i tētahi pounamu wai, i ngā paramanawa, i ngā tāruatanga o ngā puka hira, i te ID whakaahua. Kia maumahara ki ngā rongoā ka hiahiaitia pea. Pupuritia tō kete whakaora ohotata, tō rama, tō reo irirangi, ō pāterī hoki ki tētahi wāhi ka taea te nanao wawe atu.
- 2 Whakatauria ka haere koe ki hea (ā, whakaritea kua mōhio te katoa o tō kāinga ki tērā, kei kore koutou e noho tahi ana ā taua wā). Ko tō wāhi whakatahi pea ki te taha o ō hoa, o tō whānau rānei, nō reira whakaritea kua mōhio rātou ki ō mahere.

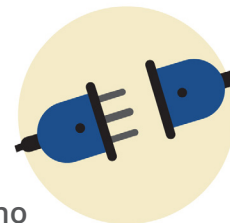
- 3 Mēnā kei tētahi wāhi wātea i te wā ngaru taitoko koe e noho ana, me whakarite kei waho i taua wāhi tō wāhi whakatahi.

HE TINO TĪWHIRI

Mēnā me wehe koe i tō kāinga, kawea ō mōkai ki tō taha. Ki te kore e haumaruru ana ki a koe, kāore i te haumaruru ki a rātou. Whakaritea ka whakaetia ō mōkai e tō wāhi whakatahi. Me whai taipitopito whakapā rānei mō ngā whare tiaki kurī, ngeru rānei, ngā mōtēra e pai ana ki ngā mōkai hoki.

KA AHA KOE?

KĀORE HE HIKO



Ka aha koe ki te kore te hiko mō ngā tini rā? Ka pēhea tō kite, tō tunu kai, tō noho mahana? Ka pā pea ngā wetonga hiko ki ngā mīhini EFTPOS, ATM hoki, nō reira pupuritia ētahi moni ki te kāinga, ngā rawa e rawaka ana mō te toru rā, neke atu rānei.

KIA TAKATŪ

- 1 Ehara i te mea me noho tō rawa ohotata ki tētahi kete, engari me rapu pea koe i ērā i te pōuri. Whakaritea kua mōhio te katoa kei hea ngā rama, ngā pāterī hoki.
- 2 Me whai reo irirangi ka whakahikongia e te hiko kōmaru, e te pāterī rānei kia hou tonu tō mōhio ki ngā rongo kōrero hou, ki ngā matohi hou. Me mōhio ko ēhea ngā teihana reo irirangi me rongo kia whai mōhiohia hei te wā o te ohotata.
- 3 Me whai putunga kai me kaua e tunu (he pai ngā kai kēne), me whai mea rānei hei tunu i tō kai (he rorerore kapuni, he tō hopuni rānei). Kaua e wareware i te kai mā ngā pēpi, mā ngā mōkai.

- 4 Ki te weto te hiko, kaingia tuatahitia ngā kai mai i tō pouaka makariri, kātahi i tō pouaka tio. Kātahi ka kaingia ngā kai kei te kāpata, kei tō kete ohotata rānei.

HE TINO TĪWHIRI

Kōrero ki ō kiritata mō tā rātou mahi mēnā ka weto te hiko. Ka whai mōhio pea koe kei a rātou tētahi rorerore kapuni, ā, kei a koe pea te kai, te wai rawaka kia tuari (te tauaro rānei).

KA AHA KOE?

KĀORE HE WAI



Pohewatia te kore wai mō te toru rā, neke atu rānei. Ka pēhea tō horoi tinana, tō tunu kai, tō horoi anō hoki? Ka inu koe i te aha?

KIA TAKATŪ

- 1 Pupuritia ō pounamu wai, inu mirumiru kua pōaha, ā, horoia, whakakīia ki te wai. Kia toru rita wai mō ia tangata, mō ia rā e korekore ana te wai. Kaua e whakamahi i ngā pounamu miraka. He uaua te horoi, ā, ka māuiui pea koe. Kaua e wareware ki te whakaputu i te wai mō ngā pēpi, mō ngā mōkai.
- 2 Ka taea te mau tonu i te wai inu kua whakaputuhia mō te tae atu ki te tau kotahi ki te tāpiri koe i te matū whakakōmā ā-kāinga. Whakamahia te haurua tīpune mō ia tekau rita wai, ā, kaua e inumia mō te haurua hāora i te itinga iho ā muri i te whakaranu. Tuhi tapanga ki ia pounamu me te rā i whakakīia. Whakaputuhia ngā pounamu ki tētahi wāhi kōangiāngi, pōuri hoki.

- 3 Kia maumahara ki te whakaputu wai mō te tunu kai, mō te horoi hoki. Ka taea te whakamahi i te wai ki tō puoto wai wera, engari whakaputuhia ētahi atu wai ki ngā ipu kirihou rahi.



Ka taea hoki te whakakī ipu aihikirīmi kirihou ki te wai, me te pupuri i ērā ki te pouaka tio. Ka āwhina pea ēnei kia mātao tonu te kai ki te weto te hiko, ā, ka whakamahia hoki hei inu.

KA AHA KOE?

KĀORE HE WAEA, HE IPURANGI RĀNEI



Ka aha koe ki te pakaru ngā waea ā-waea, ā-ipurangi rānei? Ka pēhea tō noho hono tonu, tō whakarite kia hui ngātahi, tō whai mōhio tonu ki ngā rongu kōrero, ki ngā matohi huarere? Hei te nuinga o ngā ohotata, ko te tino painga ko te noho tonu ki tōu ake kāinga. Tohua tō kāinga hei tō wāhi hui, ā, me whai wāhi kē kei kore e taea te tae atu ki reira.

KIA TAKATŪ

- 1 Kōrero atu ki tō whānau mō tā koutou whakapā tētahi ki tētahi, ā, hei hea koutou hui ai hei te ohotata.
- 2 Whakaritea kua mōhio koe ki ngā mahere ohotata a tō kura, a tō pokapū kōhungahunga rānei. Tukuna ki a rātou ngā ingoa o ngā tāngata e toru e whakaaetia ana te tiki i ngā tamariki ki te kore koe e āhei ana te tae atu ki reira.
- 3 Me whai i tētahi reo irirangi ka whakahikongia e te hiko kōmaru, e te pāterī rānei kia hou tonu tō mōhio ki ngā rongu kōrero hou, ki ngā matohi hou. Me mōhio ko ēhea ngā teihana reo irirangi me rongu kia whai mōhiohio hei te wā o te ohotata.
- 4 Whakaritea tētahi rārangi ā-tuhi o ngā tau waea hira.

- 5 Me whai hoapā kei tāone kē atu, ā, kia mōhio te katoa ko wai tērā. I ētahi wā ahakoa kua weto ngā waea ā-waea ā-rohe, ka taea tonutia te whakapā atu ki ngā tāngata kei waho i tō rohe. Tonoa te katoa kia whakapā atu ki tō hoapā kei tāone kē atu mā te pātuhi, mā te karere tuihono rānei hei te ohotata mēnā ka taea.

HE TINO TĪWHIRI

Hei te ohotata, ka tere kūkātia pea ngā waea ā-waea. Kia wātea tonu ērā kia taea te whakamahi i ngā waeatanga ohotata, ā, mēnā ka taea, whakamahia te pātuhi, te karere ā-tuihono rānei kia hono tonu.

WHAKARITEA TŌ WHARE KIA HAUMARU AKE



E kore e taea te matapae i ngā aituā, engari ka taea te whakarite mō ērā. Ko tētahi o ngā wāhi tīmatanga tino pai ko tō kāinga. Kei Toka Tū Ake (EQC) ngā mōhiohio hira mō ngā huarahi hei whai ki te whakarite i tō whare me te tiaki i tō whānau.

KA PĒNEI TE WHAKAHAUMARU AKE I TŌ KĀINGA

- 1 Whakamahia ngā taiapa, ngā tarapu rānei hei whakamau i ngā taonga o te whare he teitei, he taumaha hoki ki ngā pou o ngā pakitara (wall studs).
- 2 Whakanekea ngā mea taumaha, marore hoki ki ngā pae, ki ngā kāpata kei raro iho.
- 3 Whakairia ngā pikitia, ngā whakaataata ki ngā hūka tika (kaua ki ngā nēra takitahi).
- 4 Whakaritea kua mōhio koe ki te wāhi o ngā pana whakaweto ohotata, o ngā kati aukati ohotata mō te kapuni, mō te pūtake matua o te wai hoki.

- 5 Ka nui ake te mōrearea o ētahi timera pereki, raima hoki kei tanuku hei te rū whenua. Tirohia te pae tukutuku a te Earthquake Commission mō ētahi atu mōhiohio mō te whakahaumaru ake i ngā timera.
- 6 Mēnā he tūāpapa ā-papa tārewa kei tō kāinga, me hihira e pai ana te āhuatanga. Hihiratia te pai o ngā hononga kei waenganui i ngā tūāpapa, i te whare o runga hoki.

*Mō ētahi atu mōhiohio mō aua huarahi, me te aha atu anō,
haere ki te pae tukutuku a EQC ki eqc.govt.nz/be-prepared*

Toka
Tū Ake **EQC**

ME RAPU MŌHIOHIO



He mea nui kia mōhio ki ngā tini ara ka taea te rapu mōhiohio hei te wā o te ohotata.

Reo irirangi

Ki te weto te hiko, ka taea e tētahi reo irirangi e whakahikongia ana e te hiko kōmaru, e te pāteri rānei (te reo irirangi ki tō waka rānei) te āwhina i a koe kia whai mōhio tonu ki ngā rongo kōrero tino hou.

ā-Ipurangi

Mō ngā whakahou ā-rohe, tirohia te pae tukutuku, te pāpāho pāpori hoki a tō kaunihera. Te pae tukutuku, te pāpāho pāpori a tō Rōpū Whakahaere o Te Rākau Whakamarumarū anō hoki.

Ka wātea ngā whakahou ā-motu ki www.civildefence.govt.nz ki te hongere Twitter hoki [@NZCivilDefence](https://twitter.com/NZCivilDefence).

Matohi Waea Pūkoro Ohotata

Ko te Matohi Waea Pūkoro Ohotata tētahi ara kia whiwhi mōhiohio mō ngā ohotata ki tō rohe. Mēnā e mōrearea ana tō oranga, tō hauora, tō kāinga rānei, ka tukuna pea ngā Matohi Waea Pūkoro Ohotata ki tō waea pūkoro. Ehara i te mea me uru atu koe, me tikiake rānei i tētahi taupānga.

Whakawhanaunga ki ō kiritata

Me whakawhanaunga koe ki ō kiritata. Hei te ohotata, ka taea e koutou te āwhina tētahi i tētahi i te wā e pukumahi ana a Te Rākau Whakamarumarū, ngā ratonga ohotata hoki ki te āwhina i ngā tāngata e tino hiahia ana ki a rātou. Whakauru atu ki tō hāpori, me te whakawhanaunga ki ō kiritata ā mua i te pānga o tētahi ohotata.

AKO MŌ NGĀ MATEPĀ

E whaimōhio ai koe mō ngā momo matepā, e puta ai pea ngā āhuatanga ohotata i te wāhi e noho nei koe, me te mahi tika kia mahia, haere ki

www.getready.govt.nz



NGĀ
WAIPUKE



NGĀ ĀWHĀ



NGĀ RŪ
WHENUA



NGARU
TAITOKO



HŪNGA



NGĀ HORO
WHENUA



NGĀ WAIPUKE

He auau te pā mai a ngā waipuke, ā, he nui pea ngā whakakino. I te nuinga o te wā, ka takea mai ngā waipuke e te ua tātā me ngā āwhā whaitiri. Ka puta pea ngā wharanga me ngā matenga, te tūkinu kāinga me te whakapoke i tō tātou nei wai me te whenua.

Ka mōrearea haere ngā waipuke mēnā e tino hōhonu te wai, e tere rānei tana haere, kua tino tere rānei te piki o te wai, kei roto rānei ngā kōkīkī pēnei i ngā peka rākau me ngā papa rino.

Ā ROTO I TE WAIPUKE

- Kaua rawa e ngana ki te hīkoi, ki te kaukau, ki te taraiwa rānei mā roto i te waipuke.
- Whakanekea ngā mea marihi, ngā mea mōrearea hoki kia tino teitei rā anō i runga i te papa.
- Hīkina ngā ārai, ngā raka, ngā hīti, ngā paraikete ki runga ake i te papa.
- Whakarongo ki te reo irirangi me te whai hoki i ngā tohutohu a ngā ratonga ohotata.

ĒTAHI ATU MŌHIOHIO



Mō ētahi atu mōhiohio mō ngā mahi kia mahia i mua i te waipuke, i te wā o te waipuke, whai muri i te waipuke hoki, haere ki www.getready.govt.nz



NGĀ ĀWHĀ

Ka pā ngā āwhā kaitā me te huarere taumaha ahakoa te wāhanga o te tau, ā, ka taea te pā ki ngā wāhi whānui. Ka tōia mai pea he hau kaha, he ua tātā, he hukapapa nui rānei, he whaitiri, he uira, he āwhiowhio, he moana pukepuke hoki. Ka whakaputa a Te Ratonga Tirorangi i ngā whakaohiti me ngā whakatūpato mā ngā ratonga kawepūrongo, i tā rātou paetukutuku hoki www.metservice.com

Ā TE WĀ O TE ĀWHĀ

- Kawea ki roto, herea rānei ngā mea katoa ka pakaru pea i ngā hau kaha, ka tīkina ake rānei e te hau.
- Katia ngā matapihi me ngā tatau o roto, uhia ngā ārai kia aukati ai i ngā wharanga nā ngā matapihi e pākarukaru ana te take.
- Noho mai ki roto me te mau mai i ō mōkai ki roto. Mēnā me wehe atu koe, kawea ō mōkai ki tō taha.
- Whakarongo ki te reo irirangi me te whai hoki i ngā tohutohu a ngā ratonga ohotata.

ĒTAHI ATU MŌHIOHIO



Mō ētahi atu mōhiohio mō ngā mahi kia mahia i mua i te āwhā, i te wā o te āwhā, whai muri i te āwhā hoki, i te huarere taumaha rānei, haere ki www.getready.govt.nz



NGĀ RŪ WHENUA

I ia tau, ka pā mai ki a mātou he nui atu i te 150 ngā rū whenua he rawaka te nui kia rangona e te tangata. Ka tūpono he rū whenua nui e whakakino ana ahakoa te wā, ā, ka whai pea ngā rūmuri e haere tonu ana mō te wā roa. Ko te nuinga o ngā matenga me ngā wharanga taumaha ā-rū whenua i takea mai i ngā pakitara e horo ana me te karaehe me ngā mea e taka ana nā te rū te take. I tētahi rū whenua kaitā, ka ngahoro pea ngā pereki me te karaehe mai i ngā whare ki ngā tiriti.

Ā ROTO I TE RŪ WHENUA

- Mēnā kei roto koe, me Marere, me Hīpoki, me Pupuri hoki – kaua e oma ki waho kei mōrearea koe kia tukia e ngā pereki, e te karāhe hoki e taka ana.
- Mēnā kei waho koe i te whare, neke atu kia kaua e nui atu i ngā whetoko ruarua atu i ngā whare, i ngā rākau, i ngā rama tiriti, i ngā waea hiko, kātahi ka Pāheke, Hīpoki me Pupuri.
- Me Marere, me Hīpoki, me Pupuri hoki kia mutu rā anō te rū.
- Mehemea ka roa ake i te kotahi meneti te rū whenua, ka pērā rawa te kaha rānei kia uaua te tū, kia tere te neke atu ki te papa teitei tino tata, ki uta rā anō ka taea kei waho i ngā rohe wātea i te wā ngaru taitoko.
- Ka puta ngā tini wharanga whai muri iho i te mutunga o te rū, kia tūpato ki ngā karaehe pākarakaru me ngā mea koi.

ĒTAHI ATU MŌHIOHIO



Mō ētahi atu mōhiohio mō ngā mahi kia mahia i mua i te rū whenua, i te wā o te rū whenua, whai muri i te rū whenua hoki, haere ki www.getready.govt.nz



NGARU TAITOKO

Ko te tai āniwhaniwha he raupapa ngaru i takea mai i ngā rū whenua nui. Katoa te tapātai o Aotearoa e noho mōrearea ana ki ngā tai āniwhaniwha. Ka taea e te tai āniwhaniwha te tipu me te huri hei pakitara wai e tere ana tōna haere.

ME MŌHIO KI NGĀ TOHU WHAKATŪPATO MAI I A PAPATŪĀNUKU ME TANGAROA, ME MAHI I TE MAHI

Ki te tata koe ki te ākau, ā, ka rongō, ka kite rānei i tētahi o ēnei e whai ake nei, mahia te mahi.

- Ina rangona ana e koe tētahi rū whenua e kaha ana, nā tērā e uaua ai te tū ake, tētahi rū whenua rānei e aurara ana kotahi miniti, neke atu rānei, te roa
- Ka kite i tētahi pikinga, hekenga ohore o te pae moana
- Ka rongō i ngā oro hoihoi, rerekē rānei i te moana

Kia wawe te neke atu ki te papa teitei tūtata, ki uta rā anō ka taea e koe rānei.

Ā TE WĀ O TE NGARU TAITOKO

- Kia wawe te neke atu ki te papa teitei tūtata, ki uta rā anō ka taea e koe rānei. Me hīkoi, eke paihikara rānei mēnā ka taea.
- Kaua e hōpara haere ana. Kaua rawa e haere ki te tapātai, ki reira tūtei ai i tētahi tai āniwhaniwha.
- Whakarongo ki te reo irirangi me te whai hoki i ngā tohutohu a ngā ratonga ohotata.
- Kaua e haere ki ngā wāhi whakamōrea tae rā anō kia tukuna atu te karere ōkawa kua wātea katoa mai.

ĒTAHI ATU MŌHIOHIO



Mō ētahi atu mōhiohio mō ngā mahi kia mahia i mua i te tai āniwhaniwha, i te wā o te tai āniwhaniwha, whai muri i te tai āniwhaniwha hoki, haere ki

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HŪNGA

Kei roto pea i ngā matepā mai i ngā rū whenua ko te hekenga pungarehu, ko ngā toka e taka ana, ko ngā hanumitanga o ngā haurehu wera me ngā toka puia e tino tere ana te haere, ko ngā rerenga tahepuia me ngā rerenga paru nui whakaharahara. Mā ērā pea e whara, e whakamate hoki te tangata, me te whakakino ngā kāinga, e hia rau ngā kiromita te tawhiti atu i ētahi wā.

Ā TE WĀ O TE HŪNGA

- Katia ngā tatau me ngā matapihi katoa, me noho hoki ki roto.
- Mēnā kei waho koe e taitata ana ki tētahi hūnga, tāwharau i roto i tētahi waka, tētahi whare rānei.
- Mēnā kei waho koe i roto i te hekenga pungarehu puia, me mau ārai kanohi puehu, uhia tō waha me te ihu rānei ki tētahi papanga.
- Kauga e taraiwa i te wā he pungarehu kei te huarahi.
- Whakarongo mai ki te reo irirangi, whāia hoki ngā tohutohu a ngā ratonga ohotata, me kauga hoki e haere ki ngā wāhi kua rāhuitia.

ĒTAHI ATU MŌHIOHIO



Mō ētahi atu mōhiohio mō ngā mahi kia mahia i mua i te hūnga, i te wā o te hūnga, whai muri i te hūnga hoki, haere ki www.getready.govt.nz



NGĀ HORO WHENUA

He rerekē ngā momo horo whenua, mai i tētahi toka, kōhatu kotahi rānei ki tētahi horonga kaitā a ngā papa me ngā kōhatu ka taea te horapa haere e hia kē nei ngā kiromita te tawhiti atu.

Ka takea mai aua mea e te ua tātā, e ngā rū whenua, ā, i ētahi kēhi, e te mahi a te tangata. Ka pā auau ngā horo whenua me te korenga o te whakatūpato.

Ā TE WĀ O TE HORO WHENUA

- Kia tere te neke atu i te ara o te horo whenua.
- Whakatūpatohia ngā kiritata, ā, āwhinatia ētahi atu mēnā ka taea.
- Whakapā atu ki ngā ratonga ohotata, ki tō kaunihera ā-rohe hoki.

ĒTAHI ATU MŌHIOHIO



Mō ētahi atu mōhiohio mō ngā mahi kia mahia i mua i te horo whenua, i te wā o te horo whenua, whai muri i te horo whenua hoki, haere ki www.getready.govt.nz

ME RITE TŌ HAPORI MŌ TE OHOTATA

Me whakawhanaunga koe ki ō kiritata

Mēnā kua whai hononga pakari koe ki ō kiritata, he nui ake te tūpono ka tiaki tētahi i tētahi, inarā i te wā o tētahi ohotata, ā muri hoki, pērā i te āwhā, i te rū whenua rahi.

- Whitiwhitia ngā taipitopito whakapā kia taea te tūhono tētahi ki tētahi hei te ohotata.
- Whakamōhiotia rātou mō tō mahere ohotata, ā, uia rātou mō ā rātou mahere.
- Kia whai mōhio ko wai ka taea te āwhina i a koe, ā, ko wai ka hiahia pea ki tō āwhina.

Uru atu ki tētahi Neighbourhood Support Group

Uru atu ki tētahi Neighbourhood Support Group, ka whakatū rānei i tētahi. Ka taea e koutou ko ō kiritata te tiritiri pūkenga, rauemi hoki hei āwhina i a koutou kia puta atu hei te ohotata.

Whakaritea he mahere ohotata ā-hapori

He mea āwhina pea tētahi mahere ohotata ā-hapori kia mārama ai tō hapori ka pēhea tā koutou āwhina tētahi i tētahi hei te ohotata.

Whakapā atu ki tō Rōpū Whakahaere o Te Rākau Whakamarumaruru kia whai mōhio mēnā kua whakaritea kētia tētahi mahere ohotata ā-hapori mō tō rohe. Ka taea e rātou te mahi tahi ki a koe hei tautuhi i ngā whirikoka, i ngā rauemi, i ngā mōrearea, i ngā otinga hei āwhina i tō hapori kia puta atu i tētahi ohotata.

WHIRIWHIRIA NGĀ RAWA KA HIAHIATIA

Hei te ohotata, ka mau pea koe ki te kāinga mō ngā rā e toru, neke atu rānei. Kei a koe kē pea te nuinga o ngā mea e hiahiatia ana. Ehara i te mea me noho katoa ēnei ki te wāhi kotahi, heoi anō me wawe pea tō rapu i ēnā, hei te pō hoki/rānei. Whakaritea he aha ngā rawa ka hiahiatia e koe, ā, whakaritea ngātahitia tētahi mahere kia puta.

Ngā rawa waiwai hei whai ki te kāinga

- Te wai mō ngā rā e toru, neke atu rānei — whakaritea kei a koe te iwa rita wai mō ia tangata. Ka rawaka tēnei mō te inu, mō te akuaku noa hoki.
- Ngā kai ka pupuritia mō te wā roa, ā, kāore i te hiahiatia te tunu (ki te kore he tō tōpuni, he rorerore kapuni rānei) me te kai mā ngā pēpi, mā ngā mōkai.
- Te pepa wharepaku me ngā pākete kirihou hei wharepaku ohotata.
- Ngā karapu mahi, me tētahi ārai kanohi e tika ana te mau he P2, he N95 rānei.

Ngā rawa waiwai hei pupuri i roto i tētahi pēke kei tūpono me whakawātea koutou

- He rama me ngā pūkaha
- He reo irirangi – he mea whakakaha ā-ringa, whai pūhiko rānei
- I te patuero ā-ringa
- I te moni
- I ngā tāruatanga o ngā puka hira, o te ID whakaahua hoki
- He hū hīkoi, he kākahu mahana, he koti ua, he pōtae hoki
- He kete whakaora ohotata me ngā rongoā tūtohu
- He wai, he kai paramanawa hoki (me maumahara ki ngā pēpi me ngā kararehe)

ĒTAHI ATU MŌHIOHIO

Te kōrero ki ngā tamariki mō ngā āhuatanga ohotata

Ka taea te whakauru i ngā tamariki nohinohi ki te mahi whakamahere mō te ohotata mā te tuku i ngā mahi paku ki a rātou hei whakamahi. Kōrero atu ki a rātou i runga i te āhua pono, engari kaua i te āhua whakamataku, mō ngā āhuatanga ka pā pea hei te ohotata, tā koutou e taea ai kia noho haumaruru tonu, ā, tā koutou mahere ki te kore e taea te hoki ki te kāinga. Ka nui ake tā rātou whai wāhitanga, ka iti iho tō rātou mataku hei te wā ka pā te ohotata.

Te tiaki i ngā pēpi hei te ohotata

He nui ake te mōrearea ka tauraki, ka whakapokea rānei ngā pēpi. Ka hiahia rātou ki te manaakitanga, ki te aronga motuhake hei te ohotata.

Whakaritea he rawa mā tō pēpi kei tētahi pēke nanao, kei wawe tō koutou wehe atu i te kāinga.

Hanga mahere mō ō mōkai me ērā atu kararehe

Ko ō kararehe ko tō takohanga. Me whakauru koe i a rātou ki tō whakamahere ohotata, ki tō whakariterite ohotata. Whakaritea kia rawaka te kai, te wai, me ngā rawa mō ō kararehe mō te toru rā, neke atu rānei.

Me whai rawa kei tō wāhi mahi

Whakaritea he rawa āu ki te mahi tae atu ki ngā hū hīkoi mārō, ki tētahi koti ārai wai, ki tētahi rama, ki ngā paramanawa, ki te wai hoki. Tūhono ki a rātou e noho ana ki te rohe kotahi, ā, ka taea te mahi ngātahi kia hoki atu ki te kāinga ā te wā o te ohotata.

ME MAUMAHARA KI...

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Te haere ki te pae tukutuku mō ētahi atu mōhiohio mō ngā kāinga tūtahi, ngā kura, ngā wāhi mahi, ngā kiritata, te hāereere, ngā mōkai me te aha atu anō.

Tērā rānei whakapā atu ki tō Rōpū ā-rohe o Te Rākau Whakamarumarū



**National Emergency
Management Agency**
Te Rākau Whakamarumarū