



ARE YOU READY?

A guide to emergency preparedness in Timaru



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MAYOR'S MESSAGE

Over recent years, we've all become very aware that we live in an environment susceptible to various natural disasters. Recent flooding events and the Alpine Fault 8 (AF8) earthquake risk, remind us how important preparedness is for our community's safety and resilience.

Simple actions can make a significant difference when emergencies happen. It's essential that we all have a plan on how to respond. If you needed to leave your house right now, where would you go? What would you take? If you were stuck at home without power or running water, what would you need to do?

One of the best things you can do to be better prepared is to get to know your neighbours—they are likely to be your first support following an emergency event, or they may need your help.

In this booklet we'll talk about making an emergency plan for 7 days, but personally, I feel if you can plan for 14 days, it's better to help you plan for a range of emergency situations that you, your family, and community may face. From earthquakes and floods to the implications of AF8, being prepared can make all the difference.

Please take the time to read it with your whānau and other members of your household. Use the information to plan together for events that we hope we won't have to face, but for which we must be ready. Let's work together to ensure that Timaru District remains a safe and resilient place to live.

Nigel Bowen

Mayor of Timaru



MAKE A PLAN

In New Zealand emergencies can happen anytime, anywhere, and often without warning. Floods, storms, earthquakes, tsunamis, and other hazards can disrupt our lives, damage property and cause serious harm.

When an emergency does happen, Civil Defence and emergency services will be busy helping the people who need them most.

It's up to you to make sure your family, and the people you care about, know what to do, and you all have what you need to get through on your own.

The good news is, it's really easy to get ready now.

TOP FOUR WAYS TO PREPARE

RIGHT NOW

Sign up for emergency alerts from South Canterbury Gets Ready (check out page 22).

TONIGHT

Complete the simple Emergency Plan for your household (check out page 26).

THIS WEEKEND

Store some water – the more you can store the better (check out page 10).

NEXT WEEKEND

Get to know your neighbours, they may be your first source of support (also on page 22).



WHAT WOULD YOU DO?

IF YOU CAN'T GET HOME

Where will you meet if you can't get home (local and out of town)? Who will pick up the kids if you can't?

IF YOU CAN'T GET HOLD OF EACH OTHER

Who will you check in with? (Consider choosing someone out of town in case local phone lines are overloaded.)

IF YOU ARE STUCK AT HOME

Do you have emergency supplies? Food and drink for at least seven days (for everyone including babies and pets)? Torches and a radio with batteries? First aid kit and medical supplies? They don't all need to be in one place, but you may need to find them in the dark. Do you know how to turn off water, power and gas?

IF YOU HAVE NO POWER

How will you cook, stay warm, see at night? Do you have spare cash in case ATMs are not working? Do you have enough fuel in case petrol pumps are not working?

IF YOU HAVE NO WATER

Do you have enough stored drinking water? What will you cook and clean with? What will you do if your toilet couldn't be used?

IF YOU HAVE TO LEAVE IN A HURRY

Do you have a getaway bag for everyone? At home, at work, in the car?



STUCK AT HOME

In most emergencies it's best to stay in your own home if it is safe to do so. But that may mean being without power and water or any way to get supplies for at least seven days.

Do you have enough food and water? What about medication?

Do you have enough food for pets to get through too?



GET READY

1. Your emergency supplies don't have to be in a kit, but you might have to find them in the dark. Make sure everyone knows where the torches and batteries are.
2. If the power is out, eat the food from your fridge, then freezer, then cupboards. It's a good idea to have extra food that doesn't need cooking.
3. Get to know your neighbours. In an emergency they may need your help or you may need their help, and you may be able to band together to get through.

TOP TIP

Keep up to date with emergency information by listening to a radio (get one with batteries), and checking your local council and/or Civil Defence group's websites and social media. Always follow the instructions of Civil Defence and emergency services.

Use the QR codes above and check out Timaru District Council – <https://www.timaru.govt.nz/home> and Canterbury Civil Defence Emergency Management Group - <https://www.cdemcanterbury.govt.nz>



CAN'T GET HOME

In an emergency public transport may not run and roads and neighbourhoods might be blocked off. If you can't take your normal route home, how will you get there? Who will you go with? Where will you meet up if your street is a no-go zone?

GET READY

1. Agree on a meeting place if you can't get home. It might be the school, a friend's place, or with family.
2. If you work away from home, find workmates who live in your area. In an emergency you could travel together.
3. Have a getaway bag at work or in your car, with walking shoes, warm clothes, some snack food and a bottle of water. A torch, batteries and radio are useful too.

TOP TIP

Give the school or early childcare centre a list of additional people who can pick the kids up if you can't get there.

HAVE TO EVACUATE



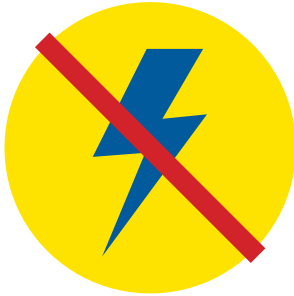
In an emergency, some houses, streets and neighbourhoods may not be safe to stay in and you may have to leave home in a hurry. If your street was evacuated where would you go? What would you take? What about pets? Do your neighbours need your help?

GET READY

1. Have a getaway bag ready for everyone in your family with warm clothes, a bottle of water, snacks, copies of important documents and photo ID. Remember any medications you might need and keep your first aid kit, radio and batteries somewhere you can grab them in a hurry.
2. Decide where you will go (make sure everyone in your family knows, in case you're not all together). Your evacuation place will probably be with friends or family, so make sure they know your plans.
3. If you live in a tsunami zone, make sure your evacuation place is outside of the zone (see page 18 and 19).

TOP TIP

If you have to leave home, take your pets with you. If it's not safe for you, it's not safe for them. Make sure your evacuation place will take your pets or have the contact details for kennels, catteries and pet-friendly motels.



NO POWER

What would you do if the power was out for days? How will you see, cook, keep warm? Power cuts could affect EFTPOS and ATM machines, so make sure you have some cash at home, or enough supplies to see you through at least seven days.

GET READY

1. Make sure you have torches and batteries somewhere everyone can find them in the dark.
2. Have a stock of food that doesn't need to be cooked (canned is good) or something to cook your food on (gas barbecue or camp stove). Don't forget food for babies and pets.
3. While the power is out, eat the food from your fridge first, then your freezer. Then eat the food in your cupboard or your emergency kit.
4. Have a solar or battery powered radio so you can keep up with the latest news and alerts. Know which radio stations to tune in to for information during an emergency.

TOP TIP

RADIO STATIONS

The following radio networks may carry Civil Defence information and advice in an emergency

More FM – 97.9 FM

National – 101.1 FM and 918 AM

100.3FM South Canterbury

Newstalk ZB – 100.1 FM/1098 AM

Breeze – 89.9 FM

The Hits – 94.7 FM



NO WATER

Imagine having no water for at least seven days. What would you drink? How would you wash, cook, and clean?

GET READY

1. Keep your empty water and fizzy drink bottles, give them a good clean and fill them with water. You need three litres of water for each person for each day that you are without water. Don't forget to store water for pets and animals too.
2. You can keep stored drinking water for up to a year if you add non-scented liquid household bleach. Use half a teaspoon for every ten litres of water and don't drink it for at least half an hour after mixing. Label each bottle with the date it was filled and store in a cool, dark place.
3. Remember to store water for cooking and cleaning as well. You can use the water in your hot water cylinder but store some extra in large plastic containers.

NOTE – Do not re-use plastic bottles that had milk in them. Milk protein cannot be adequately removed from these containers and provides an environment for bacterial growth when water is stored in them.

TOP TIP

You can also fill plastic ice cream containers with water and keep them in the freezer. These can help keep food cool if the power is off and can also be used for drinking.



NO INTERNET OR PHONE

What will you do if the phone and internet lines go down? How will you keep in touch, arrange to meet up or keep up with news and weather alerts? In most emergencies it's best to stay at home, so make your home your meeting place and have an alternative in case you can't get there.

GET READY

1. Talk to your family about how you will get in touch and where you will meet up in an emergency if the phone lines and/or internet are down.
2. If you have kids, make sure you know the school or early childcare centre's emergency plans and give them names of additional people who could pick the kids up if you can't get there.
3. Have an out of town contact that everyone knows about. Sometimes when local phone lines are overloaded you can still reach people outside your area. Get everyone to check in with your out of town contact by text or online messaging in an emergency if you can.
4. Keep a written list of important phone numbers.

TOP TIP

In an emergency phone lines can become overloaded quickly. Keep them clear so emergency calls can be made and, if you can, use text or online messaging to keep in touch.



WHAT TO DO AFTER

Only return home after Civil Defence and emergency services have told you it is safe to do so. Stay away from damaged areas as you might hamper emergency operations. Help others as you can, especially people who may need extra support.

IF YOUR PROPERTY IS DAMAGED

- Do not do anything that puts your safety at risk or causes more damage to your property
- Contact your insurance company as soon as possible
- If you rent your property contact your landlord and your contents insurance company
- Take photos of any damage. It may help speed up assessments of your claims

CLEANING UP AFTER A FLOOD

Always assume that flood water is contaminated, flood water can make you sick. Ensure hands and clothes are thoroughly cleaned after contact with flood waters.

Clean, dry and air out your house and everything in it. Floodwater can make the air in your home unhealthy. When things get wet for more than 2 days, they usually get mouldy, which can make some people with asthma, allergies or other breathing problems sick.

Throw away any wooden spoons, plastic utensils and baby bottle teats and dummies, food and drinking water if they have been covered by floodwater. There is no way to safely clean them.

Protect yourself by wearing a certified respirator, goggles, waterproof gloves, protective clothing that covers your arms and legs, and sturdy footwear.



LOOKING AFTER YOURSELF

Experiencing a disaster can be overwhelming. It's normal for you and your family to feel upset and physically drained during and after an emergency event. Some people may have delayed reactions that show up days, weeks or even months after the disaster happens.



allright.org.nz



allsorts.org.nz



farmstrong.co.nz

WHERE TO GET HELP

Your mental and emotional wellbeing is important. It's normal to feel stressed or anxious during or after an emergency. Support is available.

You can text or phone 1737 to speak to a trained counsellor. They can help if you:

- Need support or advice.
- Have feelings of anxiety, stress, prolonged fear, hopelessness or anger, or
- You just need to talk with someone.

FREE TOOLS AND RESOURCES

Find tips for looking after yourself and others when times are tough — allright.org.nz

Find tips for coping after a disaster to support your mental wellbeing — allsorts.org.nz

Find farmer-to-farmer tips to cope with the ups and downs of farming — farmstrong.co.nz



LEARN ABOUT HAZARDS

In New Zealand we have a lot of natural hazards. Earthquakes, floods, landslides, snow, storms, tsunamis, volcanic activity, and other hazards can happen any time and often without warning.

For more information on what to do before, during and after each hazard, visit <https://getready.govt.nz/> or scan the QR code on the left.

The following pages highlight some of the main risks for the Timaru District.



EARTHQUAKE



SEVERE WEATHER



FLOODS



TSUNAMI



WILDFIRE



EARTHQUAKE

Each year New Zealand has over 150 earthquakes that are large enough to be felt. A large damaging earthquake could happen any time and will likely be followed by many aftershocks.

An earthquake on the Alpine Fault is likely to be one of the most significant disasters that could affect the Timaru district. Information about an Alpine Fault earthquake can be found at af8.org.nz or scan the QR code on the left.



DURING AN EARTHQUAKE

- Drop, Cover and Hold is the best action to take. It stops you being knocked over, makes you a smaller target for falling and flying objects, and protects your head, neck and vital organs.
- Do not run outside or you risk getting hit by falling bricks and glass.
- Drop, Cover and Hold until the shaking is over.
- Many injuries happen after the shaking stops, be careful of broken glass and sharp objects.

TOP TIP

DROP down on your hands and knees. This protects you from falling but lets you move if you need to.

COVER your head and neck (or entire body if possible) under a sturdy table or desk (if it is within a few steps of you). If there is no shelter nearby, cover your neck with your arms and hands.

HOLD on to your shelter (or your position to protect your head and neck) until the shaking stops. If the shaking shifts your shelter around, move with it.

DROP



COVER



HOLD



SEVERE WEATHER



Storms can happen any time of the year. They can bring strong winds, heavy rain or snow, thunder, lightning, tornadoes and rough seas. Storms can affect wide areas, damaging property and disrupting services. MetService issues severe weather warnings through news services and on their website <https://www.metservice.com/> or scan the QR code on the left.

DURING A STORM - Secure, or move inside, anything that can be broken or picked up by strong wind (like garden furniture or trampolines).

Close exterior and interior doors and windows. Pull curtains and blinds over windows. This may prevent injury from a windows flying glass.

Stay inside. Don't walk around outside and avoid driving unless absolutely necessary.

Bring pets indoors. They can get unsettled by storms and it is more comforting and safer for them to be with you.

Listen to the radio and follow the instructions of emergency services.



Climate change is predicted to cause temperatures to rise and hot days we experience to increase. Everyone is vulnerable to extreme heat with babies, infants, older people and those with pre-existing medical conditions being more at risk. Check Health NZ website for more information <https://info.health.nz/keeping-healthy/environmental-health/> or scan the QR code on the left.

DURING EXTREME HEAT - Drink plenty of water and stay hydrated.

Stay out of the sun by finding shade outside wherever possible, stay indoors when you can and only exercise or do outdoor activities in the morning or later in the evening if possible.

Don't forget your animals, ensure they have plenty of water, shade and avoid exercising them during the hottest time of day.



FLOODS

Floods happen often and can cause a lot of damage and loss of life. Put safety first. Don't take any chances. Act quickly if you see rising water.

Floods and flash floods can happen quickly. If you see rising water do not wait for official warnings. Head for higher ground and stay away from floodwater. Take note of the following tips:

DURING A FLOOD

- Never try to walk, swim or drive through flood water. Many flood fatalities are caused by people attempting to drive through water.
- Move valuable and dangerous items as high above the floor as possible. This includes electrical equipment and chemicals.
- Always assume that flood water is contaminated, flood water can make you sick. Ensure hands, clothes and property are thoroughly cleaned after contact with flood waters.
- Be prepared to evacuate and keep your grab bag near. Listen to emergency services and local Civil Defence. Follow any instructions about evacuation of your area. Self-evacuate if you feel unsafe.



Be ready for climate change impacts - Flood, storm and drought event frequency and scale are likely to rise with climate warming. To help you adapt your home to make it more resilient, see the Timaru District household guide, available free online at www.timaru.govt.nz/climatechange or scan the QR code above.

TOP TIP

Use watertight containers to store important items and documents.



TSUNAMI

A tsunami is a series of waves usually caused by large earthquakes. All of New Zealand's coast line including Timaru is at risk of tsunami. A tsunami wave can grow to become a fast moving wall of water and debris.

KNOW THE NATURAL WARNING SIGNS AND TAKE ACTION

For a local source tsunami, which could arrive in minutes, there won't be time for an official warning. It is important to recognise the natural warning signs and act quickly.

If you are near a shore and experience any of the following, move inland.

- Feel a strong earthquake that makes it hard to stand or a long earthquake that lasts more than a minute.
- See a sudden rise or fall in sea level.
- Hear loud or unusual noises from the sea.

DURING A TSUNAMI WARNING

- Do not go sightseeing. Never go to the shore to watch for a tsunami.
- Listen to the radio and follow the instructions of emergency services.
- Stay away from at-risk areas until the official all-clear is given.

TOP TIP

**REMEMBER
LONG OR STRONG,
GET GONE.**





TIMARU TSUNAMI ZONES

The Siren - Some areas with a higher risk from tsunami, river or coastal flooding may have a Public Alerting Siren. Listen out for them, but also listen to your local radio stations, stay alert for local conditions and take heed of the NEMA Emergency Mobile Alert on your phone. If it is activated for a real event it will tell you to evacuate immediately.



If the sirens are being tested they will tell you it is just a test. Our sirens are tested the first Wednesday of the month at 10:45am and have a woop woop tone and a voiceover telling you it is just a test. In a real tsunami event it will tell you to evacuate immediately.

The Zones - To find out where the tsunami evacuation zones are for the Timaru district visit go to <https://ecan.maps.arcgis.com/apps/Minimalist/index.html?appid=591062afb6b542abb247cc8d15a64855> or scan the QR code on the left.

Currently we have 3 zones and they are:

Yellow Zone – You do not have to evacuate this zone if you feel a long or strong earthquake. You should only evacuate this zone if you are told to during an official tsunami warning.

Orange zone – Evacuate this zone if you feel a long or strong earthquake, or if you are told to during an official tsunami warning.

Red zone – Evacuate this zone if you feel a long or strong earthquake, or if you are told to during an official tsunami advisory or warning.

Any changes to the zones in the future will be shown on the online map linked above.



WILDFIRE

In New Zealand, people cause 98% of wildfires. You don't need to live in a rural area to be at risk from wildfire. If there's vegetation close by and potential for someone to generate a spark, then there's a wildfire risk.

The way wildfires spread depends on the amount of vegetation available to be burnt, weather conditions (temperature, humidity and wind speed) and topography – the steeper the slope, the faster the fire will advance. Wildfires are most common between November and March when conditions are generally drier and temperatures higher.

GET READY

- If you have a RAPID number make it easy for emergency services to find you by ensuring it's on your gatepost and clearly visible from the road.
- Make sure your driveway clearance is at least four metres wide and four metres high and there is adequate turning space for fire trucks.
- Plan your escape route. When planning your route you won't always know what direction the fire is coming from. It's important to have more than one way out.
- Make sure your machinery and equipment is properly maintained and in good working order. Check there are no birds' nests in or around your machinery — they are a common cause of machinery fires.
- Dispose of ash in a metal container or wet down with water. Ashes can stay hot enough to start a fire for up to five days.

For fire season status and outdoor fire rules visit fireandemergency.nz/ or scan the QR code on the left.



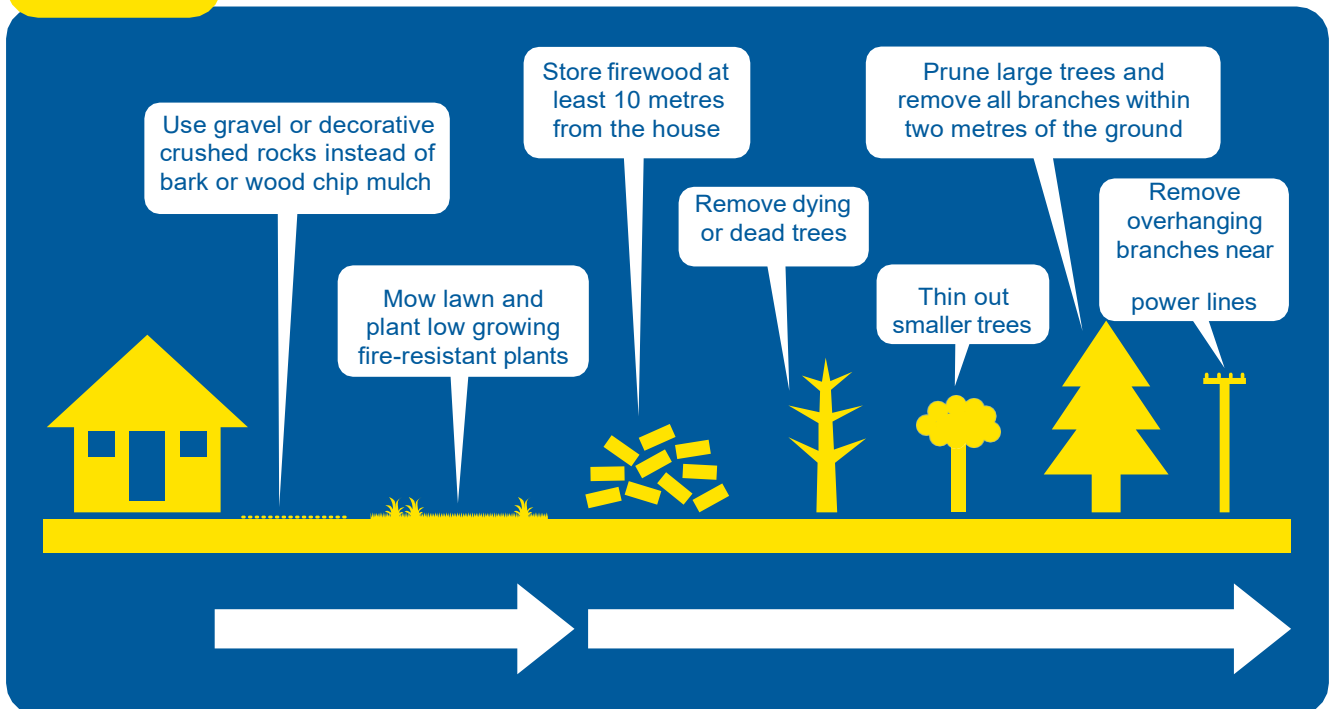


WILDFIRE SAFETY ZONE

Creating a safety zone around your rural property can slow the spread of fire and give firefighters more space to fight the fire. Your safety zone should be free of materials that could easily ignite.

The greatest fire risk to your home is when embers from a wildfire are carried by the wind. Keep roofs and gutters clear of dead leaves, debris and pine needles.

TOP TIP





GET TO KNOW YOUR NEIGHBOURS

You can be more prepared for an emergency by simply getting to know your neighbours, they may be your first and best source of support. When neighbours know each other they are better able to look after one another. This is especially important during and after a disaster.

Connect with people on your street so in an emergency you can:

- Make sure everyone is safe and looked after, especially those who might need extra help (people living alone or the elderly)
- Share resources and skills to support each other.

South Canterbury Neighbourhood Support Gets Ready is a free advisory and emergency alerting system for our communities, which sends text and email alerts to subscribed households in the event of an emergency like a tsunami, wildfire, boil water notification or severe weather. Most messages are sent via email, however urgent messages that require immediate action will come via text as well.

It is also used for identifying who may need extra assistance in an emergency or who may have skills and resources to help support their neighbours.

Sign up at <https://southcanterbury.getsready.net/> or scan the QR code on the left





GETTING INVOLVED

In Timaru, we are very fortunate to have three community volunteer groups that assist the Emergency Management Team during emergency events. They are:

Team	What they do	Time Commitment	Recruitment Process
Community Support Team (CST) 4 Teams of up to 20 volunteers each	CST members are trained and resourced to open a Civil Defence Centre (CDC), conduct welfare needs assessments and provide vital information to the Timaru Emergency Management Team..	A variety of formal and informal training sessions in the spring and autumn months, usually in the evenings with some Saturday sessions for things like First Aid	Recruit twice a year as needed. (Police Vetted).
Timaru Emergency Response Team (ERT) Up to 20 volunteers	Timaru ERT are working towards national accreditation and are a team that can provide light rescue, cordon and traffic management, reconnaissance, and perform other general taskings.	Weekly trainings, as well as formal courses and exercises as needed	Recruit twice a year as needed. (Police Vetted)

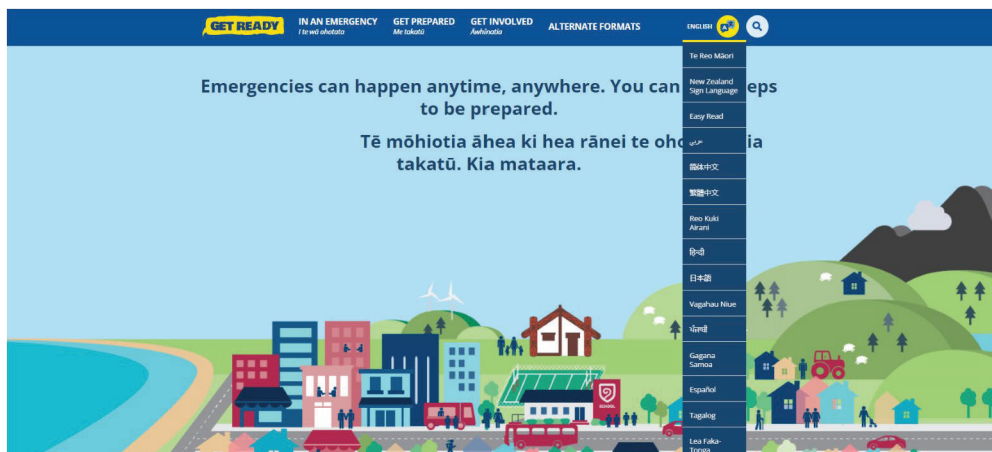
If you would like to get involved or need further information, please email the Timaru Emergency Management Team at customer@timdc.govt.nz

The team at Timaru Emergency Management can deliver a free presentation on the hazards that could affect our communities and what individuals, families and businesses can do to be better prepared.

If you have a group of 15 or more people and you would like a free *Are You Ready?* presentation, email the Timaru Emergency Management Team at customer@timdc.govt.nz



OTHER USEFUL INFORMATION



The National Emergency Management Agency (NEMA) provides fantastic information and resources via their Get Ready website <https://getready.govt.nz/> or scan the QR code on the left.

The information and resources are available in a number of languages including Te Reo Maori, Arabic, Chinese, Hindi, Japanese, Filipino, Samoan, Tongan, Spanish, and others. They provide information on all New Zealand's hazards, how schools, maraes, and businesses can get ready and advice for people with disabilities.

PREPARING ANIMALS FOR EMERGENCIES

Your animals are your responsibility. You need to include them in your emergency planning and preparation. The Ministry for Primary Industries (MPI) provide preparation guides for pets, livestock, and horses at – <https://www.mpi.govt.nz/animals/animal-welfare/animal-welfare-emergency-management/preparing-animals-for-emergencies> or scan the QR code on the left.



EMERGENCY SUPPLIES

STUCK AT HOME

In an emergency you could be stuck at home for at least seven days. You probably have most of the things you need already. You don't have to have them all in one place, but you might have to find them in a hurry and/or in the dark.

- Water for at least seven days — make sure you have at least twenty litres of water for every person
- Food including canned or dried and a way to cook it (camping stove or gas BBQ)
- Toilet paper, large plastic buckets, and liners for an emergency toilet
- Torch, radio, and batteries

HAVE TO EVACUTE – GETAWAY BAG

In an emergency, some houses, streets and neighbourhoods may not be safe to stay in and you may have to leave home in a hurry. Have getaway bags ready for everyone in your family including pets.

- Warm clothes, walking shoes, and raincoat
- Water and snacks (remember babies and pets too)
- Torch, radio, batteries, and phone charger
- First aid kit, hand sanitiser, and essential medications
- Copies of important documents and photo ID (could be on a USB)
- Cash (small notes)

MAKE AN EMERGENCY PLAN

IF WE CAN'T GET HOME?

Where will we meet if we can't get home (local and out of town)?

Local:

Out of town:

WHO WILL PICK UP THE KIDS?

If you are not able to pick the kids up, who will?

Name:

Phone number:

Name:

Phone number:

IF WE CAN'T GET HOLD OF EACH OTHER?

Have an out-of-town contact that everyone knows about (sometimes when local phone lines are down you can still reach people outside your area). Get everyone to check in with your out of town contact by text or online messaging in an emergency if you can.

Name:

Phone number:

Name:

Phone number:



Resources are available in a number of different languages at getready.govt.nz/prepared/resources or scan the QR code on the right.



NOTES

Timaru District Council Emergency Management

2 King George Place, Timaru

PO Box 522, Timaru 7940

03 6877200

www.timaru.govt.nz

July 2024

