

New Zealand

Shake
Out™



Nasonal etkwek praktis mo tsunami wokbaot blong mifala
www.shakeout.govt.nz

Bae " New Zealand ShakeOut", we hemi nasonal etkwek praktis mo tsunami wokbaot, i hapen long 9.30am long namba 18 Oktoba 2018.

Etkwek i save kasem evri ples long Niu Silan mo tsunami i save kasem eni ples long solwota blong yumi. Yumi no save talemaot se bae oli kam wataem, be yumi save praktisim stret aksen blong protektem yumi.

Sapos yu patisipet long "New Zealand ShakeOut 2018" hemi gudfala rod blong lanem stret aksen blong tekem mo blong pripea.

"ShakeOut" - hemi isi nomo, osem 1, 2, 3...

- 1 Saenap long "ShakeOut" naoia! - bae yu nidim tu minit nomo blong rejista evri man long oganaeseses o haos blong yu.
- 2 Talemaot (tokbaot wetem fren, famle, ol man we yufala i wok tugeta, serem long Facebook, Twitter etc).
- 3 Long 9.30am long namba 18 Oktoba 2018*, praktisim fasin blong Nildaon, Haedem Hed, Holem Strong, mo sapos yu stap klosap long solwota, praktisim tsunami wokbaot.

Go long www.shakeout.govt.nz long kompiuta blong saenap, planem praktis mo wokbaot, pripea, mo daonlodem ol risos blong promotem praktis blong yu.

* Sapos yu no save praktis long 9.30am long namba 18 Oktoba 2018, yu save jusum wan taem insaed long tu wik afta long det ya (mo bae oli kaontem yu iet).



Nildaon, Haedem Hed mo Holem Strong hemi stret aksen blong tekem taem wan etkwek i kam.

Olsem etkwek i no save kapsaedem yu, olsem yu smolsmol nomo, bae ol samting we oli foldaon o flae olbaot i no save kasem yu, mo yu lukaotem gud hed, nek, mo ol impotan pat blong bodi blong yu.

- **NILDAON** long han mo ni blong yu. Olsem yu no save foldaon be yu save muv igo long narafala ples sapos yu nid blong muv.
- **HAEDEM HED** mo nek (o ful bodi sapos i posibel) aninit wan strong tebol o desk (sapos i gat wan klosap long yu). Sapos i no gat wan ples blong haed, kavremap hed mo nek blong yu long han blong yu.
- **HOLEM STRONG** ples we yu haed long hem (o holem taet hed mo nek blong yu) kasem graon i nomo seksek. Sapos etwek i sefetem ples we yu haed long hem, yu sefet wetem.

Sapos yu no save nildaon, taetem gud bodi blong yu long wan jea o wiljea (lokem wil blong yu) mo kavremap hed mo nek blong yu long han blong yu. Sapos yu no save kamaot long bed, kavremap hed mo nek long wan pilo.

Fulap man oli kasem kil taem we oli traem wokbaot TAEM WE graon i seksek. Bae yu mo sef sapos yu Nildaon, Haedem Hed mo Holem Strong kasem graon i nomo seksek.



Sapos yu stap klosap long solwota mo sam samting olsem i hapen:

- Yu filim wan strong etkwek we hemi mekem i had blong yu stanap, mo hemi gohed bitim wan minit
- Yu sek we solwota i kamsoa o i drae hariap
- Yu harem wan kaen noes i kam long solwota we hemi laod mo yu no harem oltaem

Muv igo kwiktaem long wan hae ples klosap long yu o longwe long solwota. Sapos i posibel wokbaot leg o ron long basket. No wet long ol ofisel tsunami woning.

Sapos wan etkwek klosap i kosem tsunami, hemi save tekem fiu minit nomo blong kam, bae i no gat taem blong wan ofisel woning. Hemi impoten blong luksave ol saen we neja i givim mo tekem aksen kwiktaem.

Tingbaot, **LONGTAEM O STRONG: KAMAOT, RON.**