

Working from the same page consistent messages for CDEM

PART A: General information



Emergency Survival Items and Getaway Kit

- ▶ **Be prepared for disasters – collect together emergency survival items**
- ▶ **Store food and water**
- ▶ **Store emergency supplies in your vehicle**

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CORE ACTION MESSAGES IN THIS CHAPTER (p5)

- ▶ **Assemble and maintain Emergency Survival Items and Getaway Kit.**
- ▶ **Store food and water.**
- ▶ **Assemble and maintain Emergency Survival Items for your car or workplace.**
- ▶ **Assemble and maintain Emergency Survival Items for pets.**

For general preparedness, every household should create and practice a Household Emergency Plan and assemble and maintain Emergency Survival Items and a Getaway Kit.

Please note: Core Action Messages should be read in conjunction with the rest of the text in this chapter.

Awareness messages

Why talk about Emergency Survival Items?

After an emergency, local civil defence emergency management staff and other relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Basic services, such as electricity, gas, water, sewage treatment, and telephones, may be cut off for days or even weeks. You may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you will need. Emergency Survival Items can help you and your family stay safe and get through a disaster.

What are Emergency Survival Items?

If an emergency occurs while you are at home, you should be able to stay at home. In this situation you may have to rely on Emergency Survival Items. Emergency Survival Items are a collection of basic items that members of a household are likely to need in the event of a disaster. The emergency survival items should be stored in a portable container(s) near, or as close as possible, to the exit door and in a place that everyone can access easily. If you prefer to keep some of the emergency survival items in the house for everyday use, make sure you know where to find them quickly, and possibly in the dark, should an emergency occur. You also need to ensure that the food items are regularly replenished to provide a sufficient stock of food in the event of an emergency. Every household should assemble Emergency Survival Items and keep them up to date. The number of people in a household and their ages and abilities will determine what you need to have in your Emergency Survival Items.

In addition, you may want to consider stocking enough food and water for up to two weeks in your home for prolonged emergencies such as a pandemic (**See** Appendix: Storing Food and Water safety).

Keep an emergency kit in your vehicle and at work (**See** Emergency Supplies for Your Vehicle later in this chapter).

What is a Getaway Kit?

If you have to evacuate, you will need certain essential items that are easily portable. This collection of essential items that is ready for you to take should you have to leave in a hurry is called a Getaway Kit. Ensure that everyone has a Getaway Kit at work and at home.

What to tell children

Parents and caregivers should:

- Involve children in emergency preparedness at home so they are aware of the need to prepare and know what is being done. As they are able, have children help plan and assemble items and kits and put them where they will be ready if needed. Involving children is the first step in helping them know what to do in an emergency.

What to tell children (continued)

- Ask children to help the household remember to keep Emergency Items and a Getaway Kit updated by rotating the emergency food and water or replacing it every six months, and by replacing batteries as necessary. Children could make calendars and mark the dates for checking emergency supplies.
- Ask children to think of items that they would like to include with the Emergency Survival Items or in a Getaway Kit, such as books or games or non-perishable food items.
- Involve children in preparing plans and survival items for pets and other animals.
- Suggest that parents have a look at the *What's The Plan Stan?* (www.whatstheplanstan.govt.nz) information about hazards in New Zealand and what to do. This resource is used by teachers in New Zealand schools and has been written for a younger (8-12 years old) audience. It presents information in a user-friendly language aimed specifically at a younger audience. It also has a game that kids can play to identify what they need with their Emergency Survival Items.

CORE ACTION MESSAGES

- ▶ Assemble and maintain Emergency Survival Items and Getaway Kit.
- ▶ Store food and water.
- ▶ Assemble and maintain Emergency Survival Items for your car or workplace.
- ▶ Assemble and maintain Emergency Survival Items for pets.

Assemble Emergency Survival Items

You should assemble and maintain Emergency Survival Items and a portable Getaway Kit that you can use at home or can take with you if you must evacuate. In addition, if you have a vehicle, you should always keep it stocked with basic emergency supplies.

In a disaster situation, you may need access to your Emergency Survival Items quickly, whether you are sheltering at home or evacuating.

Assemble the following Emergency Survival Items:

1. Food – at least a three-day supply readily accessible for use if you are confined to home. In addition, you may want to consider stocking a two-week supply of food and water in your home for prolonged emergencies such as a pandemic. **See** Appendix: Storing Food and Water Safety for a list of suggested foods, packaging options, and food safety tips.
2. Water – at least three litres per person per day for drinking. In addition, you will also need water for washing and cooking.
3. Portable, battery-powered radio and additional fresh batteries.
4. Torch and additional fresh batteries.
5. First aid kit. (**See** Appendix: First Aid Kit.)
6. Medications - prescription and non-prescription that are regularly used. Check with your physician or pharmacist on storage requirements.
7. Cash as banks/ATM/credit card transactions are likely to be affected in a disaster.
8. Copies of personal identification, such as driver's licenses, passports, and work identification badges, and copies of medical prescriptions and credit cards.
9. An extra set of car keys and house keys.
10. Matches in a waterproof container.
11. Map of the area marked with places you could go along with contact details.
12. Items for infants, such as formula, diapers, bottles, teats, dummies, powdered milk, and medications not requiring refrigeration.
13. Special items, such as denture needs, contact lenses and supplies, extra eyeglasses, and hearing aid batteries.

Assemble Emergency Survival Items (continued)

14. Items for seniors, disabled persons, or anyone with serious allergies.
15. Kitchen accessories: manual can opener; mess kits or disposable cups, plates, and utensils; utility knife; sugar and salt; aluminium foil and plastic wrap; resealable plastic bags.
16. Household liquid (chlorine) bleach.
17. For each person, one complete change of clothing and footwear, including sturdy work shoes or boots, wet weather gear, and other seasonal items, such as hat and gloves, thermal underwear, sunglasses, dust mask.
18. Blankets or sleeping bag for each person.
19. Small tent, compass, small shovel.
20. Paper, pencil, needles, thread, small fire extinguisher, medicine dropper, whistle and a copy of your Household Emergency Plan.
21. Sanitation and hygiene items: toilet paper, towelettes, soap, hand sanitizer, liquid.
22. Detergent, feminine supplies, shampoo, deodorant, toothpaste, toothbrushes, comb and brush, lip balm, sunscreen, heavy-duty plastic garbage bags and ties, medium-sized plastic bucket with tight lid, disinfectant, household chlorine bleach.
23. Entertainment, such as games and books. Favourite comfort dolls, stuffed animals for small children.
24. Roll of duct tape (10 millimetres thick) and scissors.
25. Plastic sheeting pre-cut to fit shelter-in-place room openings.

Note:

In the unlikely event that a certain type of chemical hazard prompts officials to advise people in a specific area to shelter-in-place in a sealed room, households should ensure that the room they have selected for this purpose contains the following:

- Plastic sheeting pre-cut to fit room openings
- Duct tape and scissors.

Three square metres of floor space per person will provide sufficient air to prevent carbon dioxide build-up for up to five hours. Local officials are unlikely to recommend the public shelter in a sealed room for more than two to three hours because the effectiveness of such sheltering diminishes with time.

Note:

Always keep necessary tools near the gas and water shut-off valves in your home and critical buildings.

Assemble a Getaway Kit

Assemble the following items for your Getaway Kit:

26. Torch and radio with spare batteries.
27. Important documents (identification such as birth and marriage certificates, driver's licences and passports); financial information (insurance policies, mortgage information).
28. Hearing aids, glasses, mobility aids for elderly or vulnerable members of your household.
29. Emergency food rations that can easily be carried, such as energy bars and dried foods, in case there are delays in reaching a welfare centre or a place where you might find support. If you have any specific dietary requirements it is important to ensure you have extra supplies.
30. Emergency bottled water.
31. First aid kit and essential medicines.
32. Essential items for an infant or young child.
33. Change of clothes (wind and waterproof clothing, sun hats, and strong outdoor shoes).
34. Toiletries – towel, soap, toothbrush, sanitary items, toilet paper.
35. Blankets or sleeping bags.
36. Face and dust masks.
37. Selection of family photos.

Emergency supplies for your vehicle

In addition to the basic vehicle safety items – a properly inflated spare tyre, wheel wrench and jack – you should also keep a smaller version of your Emergency Survival Items (page 5) and a first aid kit (**See** First Aid Kit) in your vehicle.

Include maps for areas in which you drive regularly, basic tools (pliers, adjustable wrench, screwdriver, etc.), torch and extra batteries, duct tape, a reflective triangle, signal flares, a phone card for making phone calls, coins for using vending machines, and essential fluids (water, oil, coolant and transmission fluid). Rags are helpful to wipe up fluid or cleaning grime off your hands.

You may also consider having a fire extinguisher, jumper cables, bottled water, non-perishable food, medications, toilet tissue and pre-moistened towelettes in case you break down or get stuck. Check your vehicle supplies regularly for expired or unusable items.

When driving in extreme winter conditions or cold climates, you should add a windshield scraper, brush, shovel, tire chains and warm clothing. Blankets or sleeping bags will keep you warm and can also be used to cover the ground when making repairs or changing tyres. Extra socks and shoes are helpful if your feet get wet or you are wearing non-waterproof shoes.

Emergency Survival Items for pets

Prepare Emergency Survival Items for pets that include:

38. Medications and medical records stored in a waterproof container and a first aid kit. A pet first aid book also is good to include (**See** First Aid Kits, Appendix: First Aid Kit for Pets).
39. Sturdy leashes, harnesses, and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for hours at a time while you have taken shelter away from home. Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets. These may require blankets or towels for bedding and warmth, and other special items.
40. Current photos and descriptions of your pets to help others identify them in case you and your pets become separated and to prove that they are yours.
41. Food and water for at least three days for each pet, bowls, cat litter and litter box, and a manual can opener.
42. Information on feeding schedules, medical conditions, behaviour problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.
43. Pet toys and the pet's bed, if you can easily take it, to reduce stress.
44. Other useful items include newspapers, paper towels, plastic rubbish bags, grooming items, and household bleach.

Appendix: Storing food and water safely

Foods to stock at home and with your Emergency Survival Items

Even though it is unlikely that an emergency would cut off your food supply for two weeks, consider maintaining a supply in your home that will last that long. The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves. Check expiration dates frequently and follow the practice of first-in, first-out.

Pack at least a three-day supply of non-perishable food and water with your Emergency Survival Items to be used in case you need to evacuate. Three days worth of supplies should be enough to get you to a location that has additional supplies. This may be outside the impacted area. You need to have these items packed and ready in case there is no time to gather food from the kitchen when an emergency strikes. Include both compact, lightweight items like dehydrated foods, which are easy to carry if you must evacuate, and canned foods like fruit, juices, and vegetables that supply a source of water. Choose foods that require no refrigeration, preparation, or cooking. If you must heat food, pack a can of cooking fuel, such as used for camping.

Do not pack fuel/petrol, kerosene, or LPG.

Familiar foods can lift morale and help people feel secure in time of stress. Try to include foods that everyone will enjoy. Look for foods high in calories, protein, carbohydrates, vitamins, and minerals. Look for canned foods with high liquid content in case water is scarce.

Specifically, consider packing:

45. Ready-to-eat canned meats, fruits, and vegetables.
46. Canned juice, milk, and soup.
47. High-energy foods such as peanut butter, jam, salt-free crackers and energy bars.
48. Trail mix (pre-packaged or homemade).
49. Comfort foods such as hard sweets, sweetened cereals, snack bars, and biscuits.
50. Instant coffee, tea bags.
51. Compressed food bars. They store well, are lightweight, taste good, and are nutritious.
52. Dried foods. They can be nutritious and satisfying, but may contain a lot of salt, which promotes thirst. If salt is a problem, use dried fruit, like raisins.
53. Freeze-dried foods. They are tasty and lightweight, but will need water for reconstitution.
54. Whole-grain cereals (oatmeal, whole-wheat, multi-grain).
55. Instant meals. Cups of noodles or cups of soup are a good addition, although they need water for reconstitution and may contain a lot of salt.
56. Snack-sized canned goods, which generally have pull-top lids or twist-open keys.
57. Pre-packaged beverages. Those in foil packets and foil-lined boxes are sealed and will keep for a long time if the seal is not broken.

Foods to stock at home and with your Emergency Survival Items (continued)

58. Foods for infants, elderly persons, or persons on special diets.
59. Non-perishable foods for pets and other animals.

When selecting foods, keep in mind that:

60. Salty foods are usually not a good choice because they will make you thirsty and drinking water may be in short supply.
61. If your water supply is limited, you should avoid eating foods that are high in fat and protein, even if they are part of your emergency supply, because they require more water for the body to metabolise.
62. Commercially dehydrated foods often require a lot of water for reconstitution and effort to prepare.
63. Food packaged in glass bottles and jars is usually heavy and bulky, and the glass can easily break.
64. Meal-sized canned foods are usually heavy and bulky, but they can be useful because they contain water.
65. Whole grains, beans, and dried pasta require water and cooking time for preparation that could be difficult in a disaster situation.

If your electricity is cut off and you lose refrigeration:

66. First, use perishable food from the refrigerator.
67. Then, use the food from the freezer. To minimise the number of times you open the freezer door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centres (meaning foods are safe to eat) for at least two days.
68. Finally, begin to use non-perishable foods and staples.

Storing water

Having an ample supply of clean water is a top priority in an emergency. The following guidelines will help you ensure that members of your household have sufficient water in an emergency situation:

69. Keep at least a three-day supply of water, that is, a minimum of three litres of drinking water per person per day (at least nine litres per person for the three days). This equates to four 2.25 litre soft-drink bottles. It is strongly recommended that you store more if possible. Hot environments and intense physical activity can double the amount required. Children, nursing mothers, and ill people will also need more.
70. Be sure to include drinking and clean-up water for your pets. The amount needed will depend on their sizes and the conditions. Remember that pets often drink more water than usual when under stress.

Storing water (continued)

71. To prepare the safest and most reliable emergency supply of water, purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it.
72. Store bottled water in the original sealed container and observe the expiration or “use by” date.
73. If you are preparing your own containers of water, follow the directions below for selecting, cleaning, and filling the containers with water:
 - Purchase food-grade, water-storage containers from surplus or camping supplies stores to use for water storage.
 - If you chose to use your own storage containers, chose two-litre, plastic soft-drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them.
 - Do not use glass containers because they can break and are heavy.
 - Do not use cardboard containers, because they can leak easily. These containers are not designed for long-term storage of liquids.

If storing water in plastic soft-drink bottles or food-grade water-storage containers:

74. Thoroughly clean them with hot water.
75. Fill them to the top with regular tap water until it overflows. Add five drops of non-scented liquid household chlorine bleach per litre to the water. Do not drink for at least 30 minutes after disinfecting.
76. Tightly close the containers using the original caps. Be careful not to contaminate the caps by touching the inside of them with your fingers.
77. Place a date on the outside of the containers so that you know when you filled them. Store them in a cool, dark place.
78. Check the bottles every 12 months, for example at the beginning of daylight saving. If the water is not clear, throw it out and refill clean bottles with clean water and bleach.

Emergency survival items general information

Useful links

- www.getthru.govt.nz
- www.whatstheplanstan.govt.nz
- www.nzfsa.govt.nz (Food Safety Authority)
- www.pantrylist.com.au
- www.biosecurity.govt.nz/regs/animal-welfare
- www.dairynz.co.nz/page/pageid/2145836847/Animal_Welfare
- www.maf.govt.nz/mafnet/rural-nz/adverse-events/

Useful numbers

Your important emergency household plan telephone numbers. Fill this out and keep this leaflet with your emergency items.

Contact	Details
Local authority emergency helpline	
Insurance company 24-hour	
Insurance number and policy number	
Local radio station (Frequency)	
School	
Family and neighbours	
Bank phone number and details	
Work phone numbers	
Medical Center/GP	
Local police station	
Vet/kennel/cattery	
Local hotel or B&B	
Gas supplier and meter number	
Electricity supplier and meter number	
Water supplier and meter number	
Electrician	
Plumber	
Builder	