



CIVIL DEFENCE ADVICE:

Make sure you have a way to find warnings, information and advice in an emergency.

Radio and television stations will broadcast civil defence information and advice. Arrange for your personal support network to alert you to any warnings and to keep you informed. Contact your local Civil Defence Emergency Management Group or council to find out what local warning systems are in place in your community.

Give a neighbour or someone in your support network a key to your house so they can alert you.

Install a warning system that is appropriate to your needs, such as an alarm with flashing strobe lights to get your attention. Replace the batteries every 12 months, for example at the beginning of daylight saving.

Put a writing pad, pencils and a torch with batteries in your grab bag so you can communicate with others.

If you wear hearing aids, make sure you have spare batteries.

USEFUL LINKS

Local civil defence in NZ:

<https://www.civildefence.govt.nz/about/contact-us/find-your-civil-defence-group>

Grab Bag content advice:

<https://www.civildefence.govt.nz/guidance-training/consistent-messages/readiness/have-emergency-supplies#accordion-item-5460-1470-have-a-grab-bag>

Get Thru website:

<https://getready.govt.nz/>

Booklet on getting prepared if you live with a disability/impairment

<https://www.bopcivildefence.govt.nz/media/1168/disaster-preparedness-for-people-with-disabilities.pdf>

Civil defence guidance

<https://www.civildefence.govt.nz/guidance-training/consistent-messages/readiness/disabled-people-and-people-with-additional-requirements>