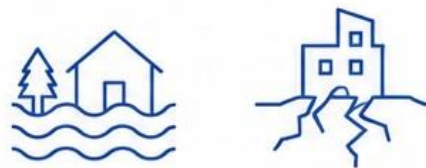


PINDROP

Emergency readiness for cochlear implant users

In Aotearoa New Zealand, floods, storms, earthquakes and power outages can happen without much warning.

Plan to be ready for 72 hours.



1



Make a plan

Know your evacuation routes, meeting point and safe place.

2



Stay informed

Use phone alerts, a battery radio or hand-crank radio.

3



Tell others

Let family, friends or neighbours know where your CI kit is and how to help.

4



Wear a medic alert

Include your hearing loss, cochlear implant and any other key medical information.



Have **TWO** emergency kits



Civil Defence grab bag



Cochlear implant grab bag



Aim to have enough essentials, power and communication support for at least **72 hours**.

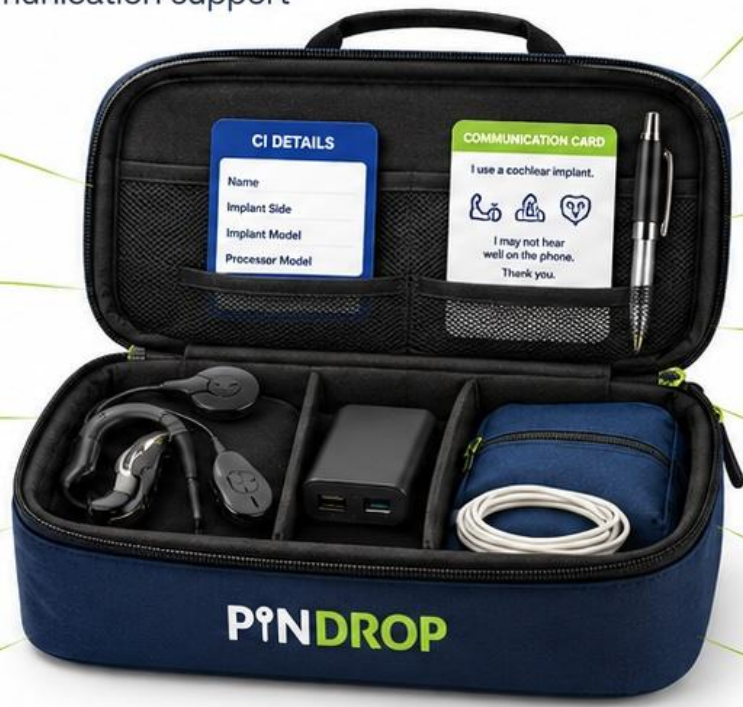


What goes in your cochlear implant grab bag?

Keep enough power, spares and communication support to stay on air for **72 hours**.



-  Spare batteries or battery packs
-  Charger and charging cable
-  Portable power bank
-  Spare coil, cable or ear hook
-  Backup sound processor (if available)



-  Waterproof pouch or dry bag
-  Emergency contacts + CI details
-  Doctor or audiology note
-  Communication card / pen and paper
-  Phone charger
-  Basic medications
-  Small care tools

🔔 **Don't forget**

- 1  **Wear a medic alert**
- 2  **Keep your health app info up to date**
- 3  **Check and refresh your kit regularly**
- 4  **Tell others where your kit is kept**



Aim to have enough essentials, power and communication support for at least 72 hours.









Store your kit somewhere easy to reach and take it with you if you need to evacuate.