This book is called GET REDDY because the cover is reddy instead of yellowy. Then when other people panic in an emergency you'll be okay because you used GET REDDY to get ready. You rock.
This bit is to make all the boring people happy. They don’t usually read it because the words are too small and they’re old and their eyes don’t work as well as they used to, but they like seeing lots of words in long paragraphs because they think it means that it makes everything more important. We know, because we’ve worked with lots of people like that. Have you ever found that if you write one paragraph some teachers think you’re lazy, but then someone else writes, like, ten pages, and everyone thinks that person is waay smarter? It’s like that for adults too. But do you know what we find the funniest thing about people feeling all safe when there are lots of pages of words telling you the million things you can do in a disaster? The fact that when people panic, the last thing they’re going to do is sit down and read a really long manual. Can you imagine in an earthquake someone saying “drop, cover, hold, and then read pages 23 to 54 of the manual”? Do you do that when your phone breaks? We didn’t think so. “But,” say the long word people, “people will read all those words in advance so they know what to do when the panic happens.” Yeah, nah. People don’t. Normal busy people see lots of words and do this other long word thing: procrastinate. Which means: “I’m too busy right now to sit and read all this stuff.” Or “what with all the hours each week taken up with me watching TV, I just don’t have the time to read lots and lots of boring words.” See? The other funny thing about long word people is that they are usually not as smart as people who can figure out how to get to the important stuff. Ask a room of grown up long word people to explain something and you’ll find that the people who go on and on and on and don’t really know the stuff they’re talking about as well as they hope you’d be suckered into thinking. Those that really get it can usually answer it in 30 seconds or less. It’s like giving someone half a game on their own to get a goal compared to getting one shot under pressure. Only the really talented ones can shoot a goal under pressure fast. The ones that aren’t as good at their game fart around for ages trying to impress people but dont get the goals. Are we worried that the long word people will read this and then complain? No, but if they do we’ll find it hilarious that they’ll admit to being like that after reading this all the way to the end. It’s like telling everyone you think there’s one teacher in the country that’s really ugly and then someone goes on the TV news and says “hey, I think that kid was talking about me.” Really? We’ve probably got enough words now. Any more might make them suspicious. You always want just enough to put them off reading but not too many that they don’t wonder what special information might need this many words to say. Move on O fearless reader!
GET READY
WHAT TO DO IN AN EMERGENCY
Pack yourself now so you don’t pack yourself in an emergency.

GO BAG:
Pack what you will need if you have to look after yourself for three days. (See the next page).

PETS:
If you have to leave your house (if it gets flooded, or if the roof gets blown off or a tree crashes on your house), make sure you have a way to take your pets with you.

CLOTHES:
You might want to pack a change of dry clothes in case you get wet in the rain or a flood.

TP TIP:
Don’t forget to pack toilet paper in your go bag. Especially if you don’t know how to tell which leaves are poisonous or not. Also remember toiletries like a towel, soap, toothbrush and sanitary items. And no, toiletries are not toilet trees. Just like French perfume is not an Ode to a Toilet. Someone went to France and misunderstood and, well, here we are.
STAY CALM:
It’s normal for people around you to get stressed, or even to shut down mentally and walk around like they are asleep. Shock can do this. Here’s where you can be awesome by staying calm and remembering the basics. You may even be the best one to pack for your family.

GOT GAS?
Not that kind of gas. The gas you cook with. Even a little camping stove. If your power is out for days, what will you use to heat your cans of food?

STAY BAG:
Or box. Pack some extra storable things you’ll need if you’re stuck at home and can’t go shopping for 10 days.

CUPS AND STUFF
Paper or thin plastic cups, plates or spoons can be helpful. And if you’ve packed cans, pack a can opener too. Don’t laugh. People always forget this one. Blush.

FIRST AID KIT
Pack a first aid kit and extra medicine if you need some, but keep an eye on use-by dates and update your go bag every few months. Old medicine can be bad funny. Ancient doctors used to get people to eat their own poop.

WATER
If you’re on tank water, what would happen if you had no power for three or ten days? Can you still pump water to drink or flush? In a flood, river water can get filled with lots of grooblies*, so make sure you keep some clean water handy. *(Grooblies is the fancy name for greeblies. Amuse yourself by finding an adult with no sense of humour and ask them about it and watch their face pucker up as they try to figure out what you’re on about.)

THE REST
Here are some other handy things to put in your go bag:

- a pack of cards for when everyone gets cranky bored
- a trick card deck is even more fun because when everyone is tired and stressed they’ll never guess and you’ll look like a genius
- wind up torch and radio
- any special needs such as hearing aids, spare batteries, and a spare pair of glasses
- emergency water and easy-to-carry food rations 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 special dietary requirements, ensure you have extra supplies
- essential items for infants or young children such as formula and food, nappies and a favourite toy
- blankets or sleeping bags
- face and dust masks
- pet supplies
- zz cushion (a classic)
GO BAG

AKA YOUR PORTABLE GETAWAY KIT

This is different to your stash of emergency items for your home. This is the one you take when you have to leave your home urgently and you can only take a go bag with you.

MAKE A LIST AND COLLECT THEM ALL!
You can buy a Go Bag or make your own. How many of these do you have?

- torch and radio with spare batteries
- face and dust masks
- special needs such as hearing aids and spare batteries, glasses or mobility aids
- first aid kit and essential medicines
- emergency water
- easy-to-carry food such as energy bars and dried food
- extra supplies of any special dietary requirements
- essential items for infants or young children such as formula and food, nappies and, if you want peace, also pack a favourite toy
- a change of clothes (wind or waterproof clothing and strong outdoor shoes)
- toiletries like a towel, soap, toothbrush, sanitary items and toilet paper
- blankets or sleeping bags
- pet supplies
DUST MASK
Protect your lungs from debris, dust and ash.

RAIN COVER
Really thin plastic covers are ugly but they beat shivering in wet clothes.

THERMAL BLANKET
Thin but surprisingly warm. Not snuggly, but will keep you from freezing. And smaller to pack than a sleeping bag.

THICK GLOVES
If you have to move wreckage and debris, you'll be glad of these.

WATER
Water is really important! These rock in emergencies!

POCKET KNIFE
These rock in emergencies!

WHISTLE COMBO THINGY
Usually has a compass and more to help you find help or annoy others.

PACK OF CARDS
When people get bored they go crazy. This helps.

MEDICAL WASTE BAG
For needles and medical waste.

REFLECTOR VEST
Light ones pack up easily.

IMPORTANT DOCUMENTS
Passport, bank accounts and other spy kit stuff.

FIRST AID KIT
For ouchy boo boos.

CONTACT NUMBERS
A paper version of Facebook.

WIND-UP TORCH* / RADIO
Listen to your local radio station for emergency info.

MEDICINE BACKUP
Also include hearing aid batteries if needed.

FIRE-LIGHTING FLINT
For those born in a cave.

BAG OF FOOD
Energy bars / dry food

TOWEL AND TOILETRIES
Towel, soap, toothbrush, sanitary items, toilet paper.

GLOW STICKS
For waving down planes.*

MATCHES OR LIGHTER
For those not born in a cave (see fire lighting flint).

*Some people say glow sticks are not for waving down planes. We say they lack imagination.
Disasters involve volcanoes, earthquakes, tsunami, storms, flooding, and things like that.

There are also things not like that, such as terrorist attacks, pandemics or epidemics,* disasters out at sea like an oil leak and other things that humans cause.

But we also have ‘non-emergency emergencies’ that are not enough to require a full scale disaster response by Civil Defence, but cause all sorts of really frustrating problems for lots of people.

* The difference is a numbers game. An epidemic affects lots of people (the word means “upon the people”) whereas a pandemic affects everyone (the word means “all the people”).

**TOP 5 OFFICIAL EMERGENCY HAZARDS**

1. Tsumani
2. Earthquake
3. Storms
4. Flooding
5. Volcano

**TOP 5 NON-EMERGENCIES THAT ARE REALLY ANNOYING**

1. Storm wind damage
2. Flooding
3. Roads closed
4. Power off for days
5. Water off for days
TSUNAMI AND
If you’re near a beach when you feel an earthquake, you may only have half an hour before a tsunami hits.

**WHAT TO DO:**

- Drop, cover and hold until it stops shaking.
- Follow your emergency plan.
- Grab your go bag.
- Get to higher ground.
- Don’t wait for a siren.*
- Tell your family, neighbours and friends.
- Remember that the first wave is only the beginning. Bigger waves usually follow for the next 24 hours or more.

* Sirens may not work if the power gets cut. That’s not much help. Sometimes you can’t hear them. That’s not much help either. In some areas, sirens are the all-clear signal. That’s really not much help here. Fortunately, there’s a really big warning sign than works even better. It shakes the ground so much you can’t walk in a straight line. It’s called an earthquake. The sea often gets strange too. That’s another warning. If the sea suddenly disappears and leaves a lot of fish flapping on the sand, don’t go to pick up the fish. Sing this song: ‘When the ground starts to shake and the sea goes away, that’s tsunami.’ Your grandparents will probably know the tune (or your parents, if they’re really ancient.)
STEP 1

DROP

COVER

HOLD
STEP 2

GO TO HIGH GROUND
TXT FRIENDS AND FAMILY!
STORMS

BEFORE A STORM:
1. Get your go bag ready.
2. Secure loose objects.
3. Charge your mobile devices.
4. Get a torch or candles ready.
5. Bring your pets inside.
6. Move farm stock to shelter.
8. Don’t put wheelie bins out.
10. Follow the weather reports.

DURING A STORM:
1. Listen to radio weather reports.
2. Don’t travel if you don’t have to.
3. Stay inside away from windows.
4. If your life is in danger call 111.
5. Report power outages or broken powerlines to power companies.
7. If outside in a tornado path, get away from trees and lie down in a low spot and protect your head.
8. If a powerline comes down, don’t touch it. Always treat it as live.
9. Follow Council’s Facebook page to keep up.
10. Keep mobile devices charged as long as you still have power.
FLOODS

TOP 10 TIPS

1. Listen to the radio and check Council’s Facebook page for information and instructions.

2. Move animals to safety so they don’t drown.

3. Help others.

4. Report damaged power lines.

5. Don’t drive or walk through flooded areas unless it’s important (like if you evacuate).
6. Turn off powered appliances if you are told to do so by authorities (Civil Defence, Fire or Police).

7. Take photos for insurance.

8. Lift valuable items and chemicals as high above the floor as possible.

(The next two tips are on the next two pages. Ha. You thought we’d counted wrong, didn’t you?)
9. Fill your bathtubs, sinks and storage containers with clean water in case water becomes contaminated.*

* Council’s water filters go slower when trying to clean dirty water. So you may soon have restrictions or even no water. Water is very important.
10. Consider using sandbags to keep water away from your home. (Your town may need to sandbag nearby river banks too.)
We have a lot of volcanoes around us. Auckland is built on them and they continue right into the Coromandel and out into the sea. If a volcano blows up right by you, the gas, rock or lahars (volcanic mud and debris) can be deadly. Leave with your family immediately. If a volcano blows up somewhere reasonably close like the middle of the North Island, you’ll also be affected by the ash. Use the dust mask from your go bag so you don’t breathe it in.

**WHAT TO DO**

- If you’re outside near an eruption, shelter in a car or building.
- Listen to the radio and check Council’s Facebook page. You can do this on a smartphone. (It pays to have the apps ready to go and always have your device over 50% charged).
- If ash is your problem and you can’t evacuate, then stay inside and close your windows and doors. Place damp towels where the air can get in (like at the bottom of doors).
- Look after animals so they don’t die from breathing the ash. Wash away ash on their paws or skin so they don’t lick it up and swallow it, and make sure they have clean water to drink.
- If you have to go outside, wear protective masks and glasses (don’t wear contacts, because your eyes can get scratched). Cover as much of your skin as possible too (wear long sleeves).
FIND MORE INFO FAST AT:
www.ThamesValleyCivilDefence.co.nz

GET READY
GET THRU