



NEW ZEALAND  
RED CROSS  
RĪPEKA WHERO AOTEAROA

# Be **GOOD** AND **READY**



Will you and your loved ones be ready when disaster strikes?

## **CONNECT** with your community

Being good and ready means making sure you are properly prepared in the event of a disaster. That's practical measures, like storing food and water, as well as being connected to those around you. Connected communities are safer and stronger when disaster strikes.

How can you connect today?

- Wave or say hi to someone new
- Share a cuppa with your neighbour
- Reconnect with an old friend
- Organise an online meetup or event
- Get involved in an event like Neighbours Day

## **CARE** for your community

In a disaster most people are helped first by their neighbours. People share food, information and lend a helping hand. Planning before a disaster can make a world of difference.

What can you do to help care for your community?

- Create an emergency plan with your neighbours
- Get involved in Civil Defence local planning
- Check in on people who may need extra assistance – help them plan and prepare their household
- Volunteer with your local Red Cross disaster response team

## COVID-19

Many of us have connected with our neighbours and helped others during COVID-19. It just goes to show the importance of community. Let's keep caring for each other – from a safe distance!



# PREPARE yourself and your whānau

Take action today to get you and your loved ones prepared in the event of a disaster. Check your readiness against this list.

Have you:

- **Made a plan** about what you will do?
- **Organised emergency supplies** - if you must leave quickly?
- **Agreed a meet up place** – if you can't get home?
- **Made a list of contacts** – friends and people who can help (your phone might go flat)?
- **Fastened and fixed items** in your home?
- **Protected what matters most to you** - like mementos, photos and documents?
- **Learnt first aid** – so you can help others?
- **Downloaded** the Red Cross First Aid and Hazard Apps?
- **DROP, COVER, HOLD** – practised your earthquake drill?

## IF YOU NEED TO LEAVE HOME, YOU MAY NEED TO TAKE THESE ITEMS WITH YOU



# COVID-19

In a pandemic, acting together as a community is more important than ever. Be kind, follow all government guidance and make sure you track where you've been.

And remember:

- Stay home if you feel sick
- Wash your hands regularly
- Wear a face covering, if required
- Download the NZ COVID Tracer App
- Keep your physical distance, where needed
- Offer practical support to others
- Get your information from [covid19.govt.nz](https://covid19.govt.nz).



## HOME EMERGENCY SUPPLIES



## COVID-19 SUPPLIES

# LEARN PSYCHOLOGICAL FIRST AID

Psychological First Aid (PFA) is the mental and emotional equivalent of medical first aid. Knowing PFA can help you provide emotional support to someone immediately after a disaster or traumatic event.

To learn PFA with Red Cross, visit [redcross.org.nz/pfa](https://redcross.org.nz/pfa).

COVID-19 has impacted us all, some more than others. For those having a tough time, or feeling isolated, often reaching out is the hardest thing to do.

**Need to talk?** Free call or text **1737** anytime.

# VOLUNTEER WITH US

New Zealand Red Cross provides opportunities for you to care for and support others in your community through volunteering.

From helping at an event once or twice a year, to driving one hour a week, to supporting a family for six months, Red Cross has lots of ways you can get involved and give back to your community – connect, care, prepare!

Check out the volunteer opportunities on our website: [redcross.org.nz/volunteer](https://redcross.org.nz/volunteer).



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Learn First Aid

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