



NEW ZEALAND
RED CROSS
RIPEKA 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

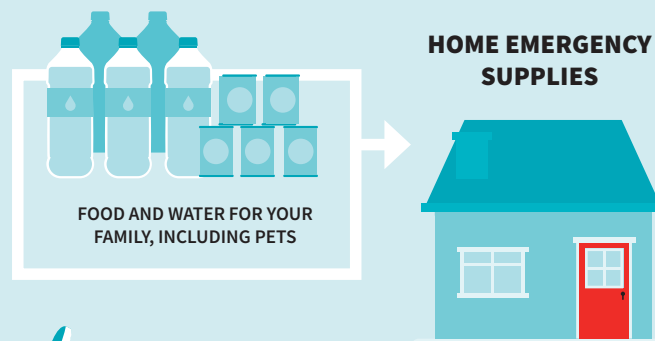


COVID-19

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://www.covid19.govt.nz).



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.

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

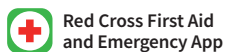
New Zealand Red Cross provides opportunities for you to care for and support others in your community through volunteering.

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.



FREE TO DOWNLOAD



Red Cross First Aid and Emergency App



Red Cross Hazard App



Volunteer Fundraise Shop Donate Learn First Aid

redcross.org.nz | 0800 RED CROSS |