

Tō aratohu whakamahere mō te rūwhenua

Kia rite koe ...

I NĀIANEI TONU

1. Kia whai mōhio tonu koe i te ohotata

He maha ngā ara e whai mōhio tonu ai koe i roto i te wā o te ohotata, tae atu ki te reo irirangi, ki ngā pāpāho rongo kōrero, ki te pouaka whakaata, ki ngā hongere a WREMO me ngā kaunihera o te rohe, ki ngā Matohi Waea Pūkoro Ohotata hoki.

Ka tukua anake ngā Matohi Waea Pūkoro Ohotata ina tū mai te mōrearea taumaha ki te orange, te whakatōhenehene nui rānei ka pā pea ki te katoa, ki ētahi wāhanga rānei o te Takiwā o Te Whanganui-a-Tara.

Me mōhio ki ngā tohu whakatūpato māori

Mehemea kei tētahi rohe parawhenua koe, **ā, ka RONGO koe i te rū Roa, Kaha rānei**, me whakatahi atu koe i taua wā tonu ki te papa teitei ake, kia tae rā anō koe ki uta rānei i muri i te mutunga o te rū.



Ko ngā puna kōrero pai i te wā ohotata:

-  paetukutuku ohotata a WREMO.
TORO www.WREMO.nz
-  Whārangi Facebook a WREMO
PAI facebook.com/WREMONz
-  **TORO** ki te paetukutuku o tō kaunihera me ōna pāpāho pāpori
-  **WHAKARONGO** ki Radio New Zealand me ngā reo pāho o tōu rohe

Ka pai!

Kua whāia e koe te huarahi tuatahi kia noho haumaru ai

He mīharo te rohe o Pōneke hei wāhi noho engari, he āhua mohoa anō hoki.

He nui ngā wā e rongohia ai mātou i te rūwhenua, te marangai, te waipuke, me te hōro whenua. Kei te noho mōrearea hoki tātou i te tai āniwhaniwha.

He rite katoa ngā papātanga o ēnei mate whawhatitata. Kāre e kore ka uua ki te haere noa, ki te whakapā ki ngā tāngata tata ki a koe, me te whai wāhi ki ngā mea tino whai take.

Kua whakatakotoria e mātou ngā mea me whai koe ki te whakareri i tō whānau me tō hapori, ki te whakarite ā-haumarū, ā-oranga ngākau hoki mō ngā rā whakatara ka whai i tētahi rūwhenua nui.

Nā tō rēhita mō ngā whakatūpato kua oti tō whakatutuki i te huarahi tuatahi! Haere tonu ki ngā mahi ka taea e koe i te rangi nei, ā te pō nei, me ngā rā whakatā e whai ake ana kia reri ai tō whānau. He tino whai hua ia huarahi

Mehemea he pātai āu, whakapā mai ki a mātou

Na te Kāhui WREMO.

(Wellington Region Emergency Management Office)

Whakauru Mai

He Akoranga Utukore mō te Whakaritenga Mate Whawhatitata

Ako pēhea te āwhina i tō whānau me tō hapori, kia mataara koe mō tētahi rūwhenua nui, me pēhea te urupare me te whakapiki ora hoki. Ka āwhina koe i tō hapori kia mōhio ake rātou, kia tū reri, hono pai ake.

 Rēhita mō tētahi o ā mātou akoranga: getprepared.nz/Courses

 Ka āhei anō koe ki te tū hei Kaitūao mō WREMO hei āwhina i tō hapori ki te whakarite me te urupare: getprepared.nz/Volunteer

He Awheawhe Utukore mō te Haere Tonu o te Pakihi.

Mēnā he kaiwhakahaere pakihī, whakahaere hapori rānei koe, ka hiahia koe kia haere tonu ngā mahi ahakoa te nunui, te iti rānei. Ka whakawhirinaki ō kiritaki me ō kaimahi ki a koe. Ka āwhina tō mātou awheawhe i a koe me ō kaimahi whakarite, kia haere tonu ngā mahi, me te whai whakataunga pai ake mō tō pakihī i ngā wā taumaha. Ka wehe atu ngā ākonga me te mōhio ki ngā tino take o te whakarite mahere mō te Haere Tonu o te Pakihī, me ō rātou haora akoranga, puta noa i Te Whanganui a Tara.

 getprepared.nz/Businesses

Ngā Mahere Urupare ā-Hapori

Kei te whai koha mai ētahi tāngata pēnā i a koe, ki tō Mahere Urupare ā-Hapori. Rapua mēnā kei te tū ētahi hui māherehere, me pēhea hoki tō whai takoha atu. He mōhiotanga hira kei a koe e pā ana ki tō hapori, tērā pea ka whai kiko.

 getprepared.nz/ResponsePlan

Waea mai, ki a mātou

 wremo@gw.govt.nz

 04 830 4279

 facebook.com/WREMONz

Rapuhia Te Pū Mate Whawhatitata ā-Hapori

He wāhi huihui ngā Pū Mate Whawhatitata ā-Hapori mō te hapori. Ko te ingoa o mua mō ngā Pū, ko ngā Pokapū Civil Defence – engari nā mātou i whakarerekē te ingoa kia whakaatu pai ake i tōna tino kaupapa

Whai muri i tētahi rūwhenua, me huihui ngā tāngata pēnei i a koe ki tō Pū ā-rohe ki te tuitui i tā koutou urupare mā te whakamahi i ngā pūkenga me ngā rauemi e wātea ana ki a koe.



Kimihia te Pū tata ki a koe i runga i tō mātou paetukutuku

www.getprepared.nz/Hubs

Kei nga pū tētahi kete tīmatatanga e mau ana i ngā pānga tuhituhi, tētahi irirangi AM/FM, ngā mapī, me ngā irirangi Civil Defence e āhei ai koe ki te korero ki tō Pokapū Mahinga Mate Whawhatitata.

Kāore he whakaputu ake o ngā ō mate whawhatitata i ngā Pū.



KUA RERI MĀTOU

Mōhio ana mātou kei hea tō mātou Pū ā-rohe, me pēhea hoki e āwhina i tō mātou hapori



2. Whakaharatauria te Taka, te Hīpoki, me te Pupuri.

E mārama ana ngā tohunga o te ao, ka iti ake tō heipū wharanga mehemea ka Taka koe, ka Hīpoki koe, ka noho Pupuri koe i te wā o tētahi rūwhenua.

Putā mai ai te nuinga o ngā wharanga i te wā o tētahi rūwhenua nā ngā taputapu ā-whare, ngā whakarawe ā-whare, pērā ki ngā tāpatu tuanui, hāunga anō ngā ngahoronga o ngā whare.

I Te Wā o Te Rūwhenua :

I Roto – Me noho ki roto i te whare kia mutu rā anō te rū, ā, kia haumaruru hoki te puta atu. Kia tūpato i nga mea e hinga tonu ana i te wā e puta ai koe ki waho.

I roto i tētahi whare teitei – He rite tonu ngā tohutohu i runga ake nei, kaua noa iho e rere ki waho nā te mea kua tangi mai he whakahoho..

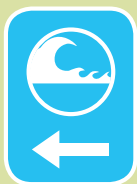
I Waho – Whakawātea i a koe mai i nga whare, ngā rākau, me nga pou hiko, kātahi ka Taka, ka hīpoki, ka Pupuri hoki kia mutu rā anō te rū

Ngā tiriti taone - Kaua e noho i runga i te ara hīkoi kei taka mai ētahi mea i ngā whare e karāpoti ana i a koe. Kia tere te kuhu ki tētahi whare, kātahi ka Taka, ka Hīpoki, ka Pupuri hoki.

Mēnā kāore koe e āhei ana ki te Taka, te Hīpoki, te Pupuri rānei, whītiki pai i a koe, ka kimi huarahi hei whakamarumaru i tō ūpoko me tō kaki.



3. Me mōhio ki tō wāhi tai āniwhaniwha



Mehemea e noho tata ana koe ki te taha moana i te wā o tētahi rūwhenua, ka roa ake te rū, ka kaha ake rānei, Whakawāteatia!

Inā puta ai he rūwhenua ā-rohe, ko te rūwhenua tonu tō whakaohiti tai āniwhaniwha anake.

He ngaru taurea ngā tai āniwhaniwha tērā pea ka hoki mai mō e hia kē nei ngā haora. Tērā pea, ehara te ngaru tuatahi i te mea nui rawa atu. Me whakatahi wawe ki tētahi wāhi haumarū, neke atu i ngā Rārangi Tai Āniwhaniwha Kikorangi.

Kōrero ki ngā kiritaki e pā ana ki te āhua, tae ai te katoa ki tētahi wāhi haumarū – tērā pea me āwhina i ētahi.

Rapua mēnā kei te noho koe ki roto i tētahi wāhi tai āniwhaniwha, te mahi me te haututu rānei i roto i tētahi wāhi tai āniwhaniwha, ki hea hoki koe haere ai kia noho haumarū.

 getprepared.nz/TsunamiZone

Tāria kia wātea rā anō i mua i tō haerenga tata ki te taha moana, ki roto rānei i te wai whai muri i tētahi putanga tai āniwhaniwha.

10 MIN

Tērā pea ka tae atu te tai āniwhaniwha tuatahi i roto i te tekau mineti, iti ake rānei, nō reira, kāore he taima mō tētahi whakaohiti ōkawa, pērā ki ngā whakapū.

Ka tuku whakatūpato anake mātou mō ngā tai āniwhaniwha i tīmata kē mai i Awhirika ki te Tonga



4. Hangaia he mahere whanau

Whai muri i tētahi rūwhenua nui, kāore pea koe e āhei ki te whakamahi i tō waea, te tuku īmēra, te whakamahi i te pae pāho pāpori rānei. Whakamaheretia i nāiane i mō te wā kīhai koe e kaha ki te whitiwhiti kōrero.

Whakaritea kia noho haumarū āu tamariki

He mahere ā ngā kura hei whakahaumarū tamariki.

Titirohia te mahere mate whawhatitata a tō kura:



getprepared.nz/schools

Whakaritea kia toru nga hoa, ngā whānau rānei e noho tata ana ki te kura, ki te kōhi i āu tamariki. Hoatu ō rātou ingoa ki te kura māhita.

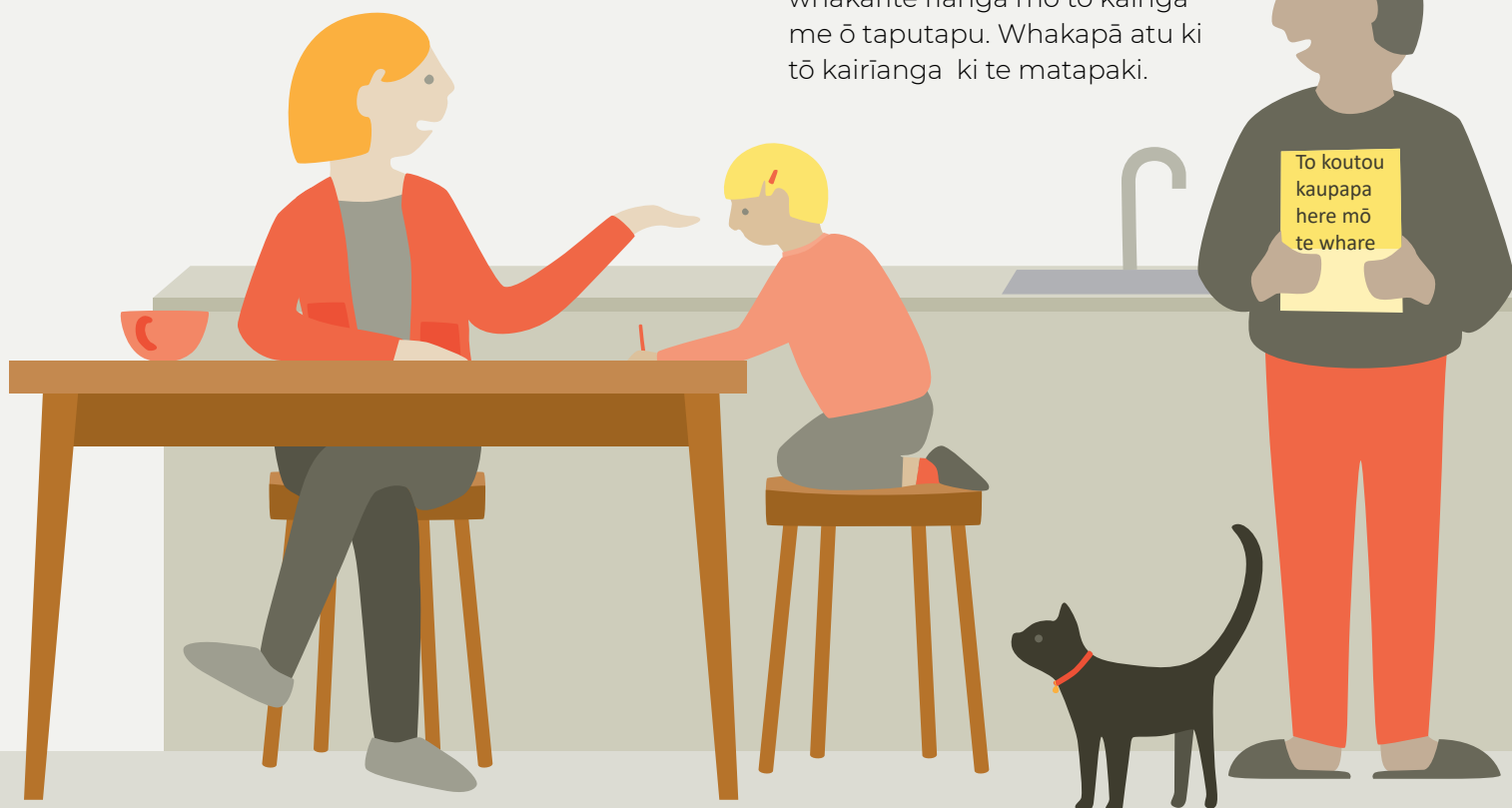
Kōrero ki ngā tamariki mō ngā āhutatanga ka puta, mā wai hoki rātou e tiki ki te kore koe e tae atu.

Whakaae ki tētahi wāhi tūtaki haumarū

Whakaarohia tētahi wāhi e mōhio ai kōrua ki hea tūtaki ai, ka whakaritea kia noho i te taha o ngā hoa, te whānau rānei mehemea koinā te hiahia.

Whakaritea he rīanga whare, rīanga taputapu hoki

He tokomaha nga tāngata kāore i tika te rīanga. Kia tōtika te whakarite rīanga mō tō kāinga me ō taputapu. Whakapā atu ki tō kairianga ki te matapaki.



Whakarerihia he pāhi mō te kāinga, mō te mahi hoki

Mēnā ka ohore tō wehenga atu i te kāinga, he tawhiti rānei te hīkoi mai i te mahi ki te kāinga. Kia āta whakaarohia he aha rawa hei rau ki roto i tō pāhi. Ko ngā mea e tino hiahia ana koe mō te 3 haora, te 3 rā ranei. Māu tonu e whakarite. Kāore noa iho e rahi te utu.

 getprepared.nz/GrabBag

Whai Painga

Ki te kore e mahi tō Hiko, Wai katirere me te Haurehu, kāore i te pai te noho i tō kāinga.

Kimihia tō takirehe haurehu, te whakakā hiko me te wai katirere, whakangungu i koe, kia mōhio koe me pēhea te whakaweto. Whakaingoahia kia mōhio koe kei hea.

He hū, he koti mahana, he inu wai, meetahi paramanawa hei timatanga.

Tikaina mai te pēke

Hiko

Ka taea e te tangata kotahi te whakapau 1,540 rita wai i te wiki.

Tutohinga – 140 rita wai mo te tangata kotahi i te wiki.

Wai inu, tunu kai, horoi ringa (horoi niho, kaukau)

Whai-iti – 20 rita wai mō te tangata kotahi i te wiki- wai inu, horoi.

Kua oti te mahere rautaki mō te kāinga – me mōhio me pēhea te noho haumarū.

Haurehu

Wai katirere

200L

5. Whakahaumaruhia Tō Kāinga

Tāmautia
ngā taika wai

Tirohia nga pereki
timera ka tāmau.
Pena kāore koe i
te whakamahi i tō
timera tangohia

Ki te mahia ēnei kia haumaruru ai tō kāinga, ka paku noa
te pākarukaru i te wā o te rū. E āhei tonu ai koe ki te
noho i tō kāinga, ahakoa kei te pūrere ngā mea katoa.

Tirohia te tuanui, ngā pakitara, ō
taputapu me ngā tumu mēnā kei
te pai.

Mēnā e hiahia āwhina ana koe,
tikina he tohunga kāmura ki te āta
tiroiro i tō whare



Tonoa mai mēnā he pātai
anō āu mō tō whare.

getprepared.nz/SafeHomes

Whare rīhi

Kōrero atu ki te ariki o te whare.

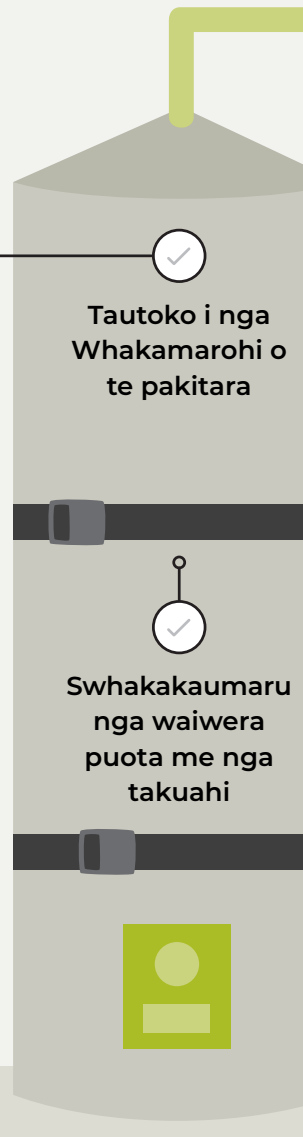
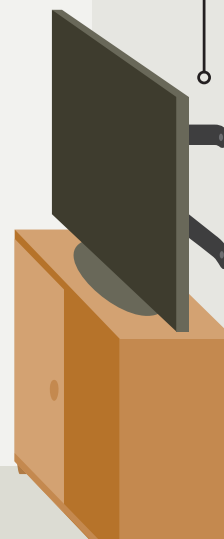
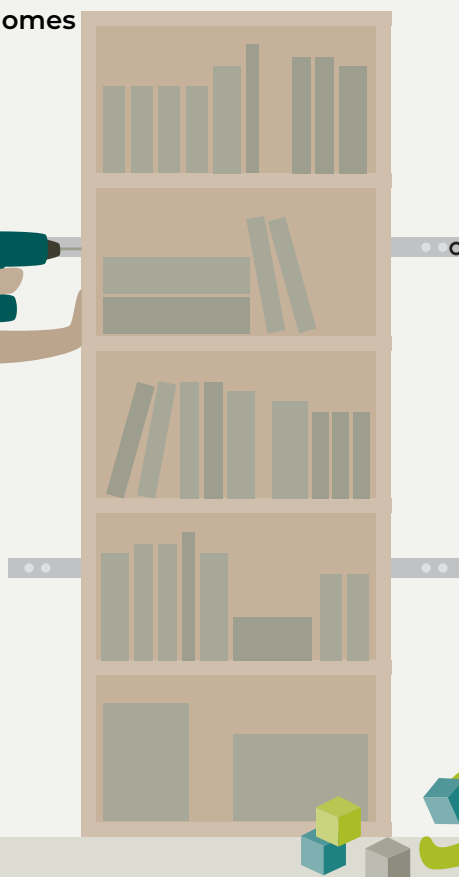
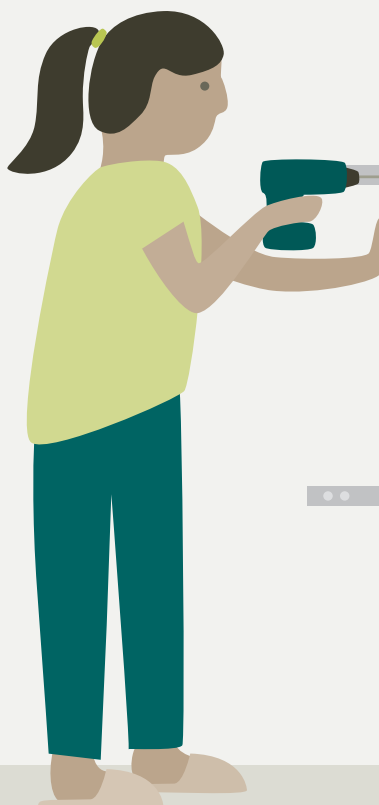
Ki a kumukume a ruamoko o
te whare. Mā koutou te whare e
whaka haumaruru.

Whaka tika nga
pakaru raukau
i to tuanui o te
whare

Tautoko i nga
Whakamarohi o
te pakitara

Swhakakaumaruru
nga waiwera
puota me nga
takuahi

Whakahaumaruru
ngā tēpu nui



6. Te Pupuri Wai

I muri tata i tētahi rū nui, kāore e maringi mai he wai i te katirere, tērā me whakarite he whakaputunga pupuri wai. Ko te nuinga atu o te wai ka mau i a koe, ko te painga atu. Me mau he wai hei kapi i te kotahi wiki, neke atu.

Hokona tētahi ipu pupuri wai e 200 rita, neke atu ranei, inaia nei, kia rahi ai te wai mō te wā ohotata. He māmā noa iho te utu, ā ka taea e koe te whakarite. Tāmautia ka whakaki ki te wai mā.

 getprepared.nz/Water

Mēnā kāore e taea he ipu wai, he mea nui tonu kua penapenahia e koe he paku wai

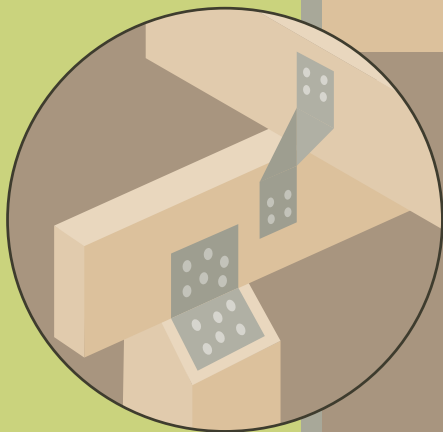
Whakamahia ko ngā ipu kirihou nunui. Kaua e whakamahia ngā mea rau miraka nā te mea, he paitini miraka ka noho ki roto i te pātara.

Whakakīhia ngā ipu ki te wai kia ngāekieki. Whakamaua te kāwara kia kīkī tonu, ka waiho ki tētahi kokonga pouri. Me tīni te wai i a 12 marama.

Ahako he aha te mea ka uru atu, ka puta mai hoki. Rapuhia me pēhea te whakaite mō te whakamahi i tō wharepaku.

Hokona tetahi taika wai mai i te kaunihera a rohe mo te \$105.00.

 getprepared.org.nz/Toilets



Tirohia nga tuāpapa o to whare

Tuhono hia nga puhanga

Kua turaki hia ano te whenua?

Whakakapia nga papa kua piraungia, kua kainga hoki e te ngarara

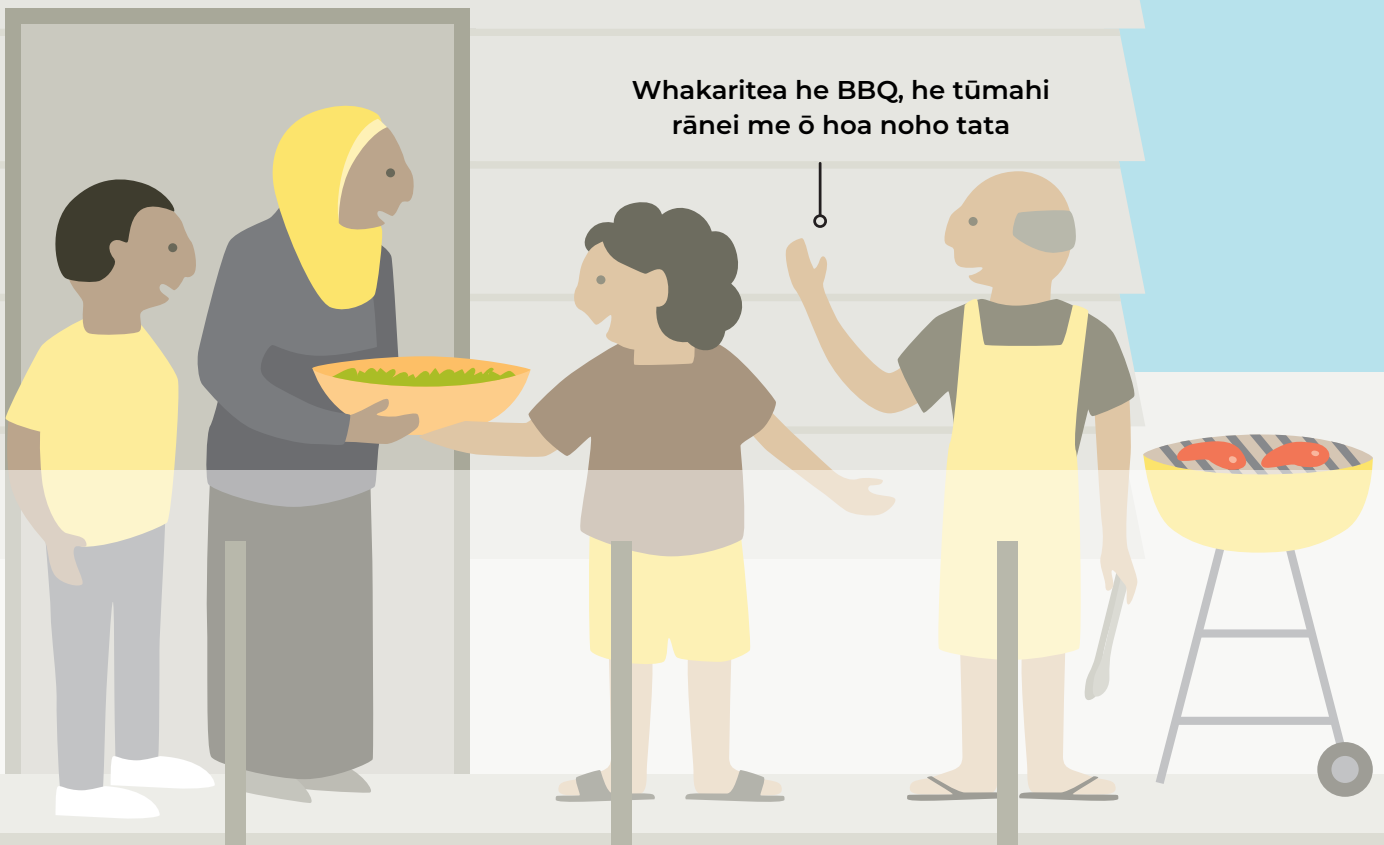
7. Tutaki ō Kiritata

I te nuinga o te wā ka riro mā tētahi atu koe e whakarauora. Ko ō kiritata ngā mea tuatahi ki te awhi, ki te manaaki i a koe.

Tūhono atu ki ō kiritata o tō tiriti. Ki te ohotata ka taea te:

- Titiro kei te noho haumaruru katoa, he kaitiaki ō rātou pēnā i te kaumātua, nga mea hauā hoki.
- Tohaina atu ngā rauemi me ngā pūkenga e pai ake ai te mahi tahi.
- Āwhinatia, poipoia katoa i nga rā o muri mai
- Ko te painga ka noho koutou te hāpori i raro o te kotahitanga i nga rā, i nga marama, i te tau. Me noho ki te whakahoahoa ka mātakitaki. Ko te timatanga te mea uaua engari kāore e roa kua tino hoa koutou. Kua pai tonu te whakawhiti ingoa, waea pūkoro inaiane, ki te tupono noa ka tangi mai ngā tangi whakatupato. He pai hei timatanga kōrero.
- Whakatūria he rōpū Neighbourhood Support Group ā, hono atu rānei ki te rōpu o Time Bank.

Whakaritea he BBQ, he tūmahi rānei me ō hoa noho tata



8. Hopuni i Te Kāinga

Kua rite katoa ngā taonga kei tūpono noa he aituā. Ko ngā taputapu ka whakamahia i te rā, i te wiki, i te marama, i te tau. Ko ō paraikete, ō kākahu, ngā taputapu o te kīhini, me nga taonga whakahaumarū.

Whakaritea ngā taputapu mā ngā pēpē, ngā kōhungahunga me oōkararehe.

Tuhia he rārangi rongoā. Tirohia mēnā kei te rahi.

Ma te tiaki i a koe me tō whāmere, ka taea e te rōpū manaaki te tiaki i ngā mea kāore i te pai, ngā mea e tino hiahia āwhina ana.

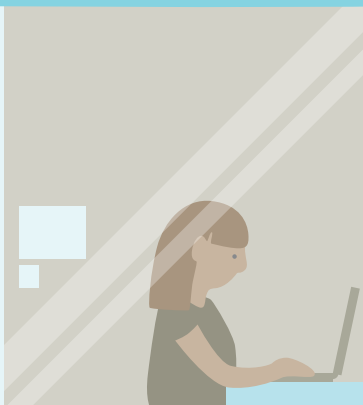


KUA RERI MĀTAU !



Kua rahi nga kai mo te wiki ki te raruraru

|| Mēnā koe kei runga i te paetukutuku getprepared.nz: |||



- 1 Whāia te hono ā-rorohiko o te paetukutuku ka 1 hono atu ki te Poka Pū o tō hapori. Kei konā te Community Response Plan
- 2 Tirohia te mapi Tsunami Evacuation Zone mēnā kei roto e tohua ana tō kāinga, to wāhi mahi, wāhi haututu. ||
- 3 Tirohia te paetukutuku www.wremo.nz. Kei konei katoa ngā kōrero hei āwhina i a koe

||

|||

Kua reri tātou.

Wāhi tūtaki mō te whānau:

Ingoa/tau waea o ngā kiritata:

Ko tō mātou rōpū whakamarumarū ko:

Rehita mō nga mea e āhei ana ki te tiki i ō tamariki:

Rehitahia kei hea te:

Wai:

Hiko:

Haurehu / Kapuni:



Haere ki te paetukutuku

www.getprepared.org.nz mo nga korero

I Muri o tētahi rūwhenua:



Ka puta te mōrea mō tētahi tai Āniwhaniwha?

- Kia tere te haere ki wāhi haumarū, mā raro (hīkoī), mā runga paihikara rānei – ki tuawhenua, ki runga hiwi rānei. Kaua e taraiwa i tō motukā
- Me whai i nga Tsunami Blue Arrows me ngā tohu ara hōneatanga kia tae koe ki te wāhi haumarū tata ki koe. Ki runga ake i nga rārangi Tsunami Blue Lines. Haere tonu ka whakawātea mō ngā mea kei muri e whaiake ana.



Te hono me ētahi atu

- Tūtaki ki te wāhi haumarū kua whakaritea i mua o tō hokinga ki te kāinga
- Whakamōhio atu ki te marea kei te haumarū koe mā te whakahou i to tūnga pae pāpori me tō karere waea, mēnā ka āhei koe. Me tuku kōrero tuhinga, kaua e whakamahi i te waea, kia wātea ai mō to kotuinga.



Tiki i o tamariki

- Kia mārama te katoa he aha te mahere. Kaua e whakauru atu i a koe ki te mōrearea mā te haere ki te kura, inā hoki, tērā pea kei te noho haumarū kē ratou

i wāhi kē. Tikina ō tamariki i i te wā kua haumarū.



Kia Haumarū to Kāinga

- Tineia te haurehu/kapuni kia kore e pahū mena ka rongo koe i te haunga.
- Whakaweto hia nga hiko mena kua weto,



Kia Haumarū tō Kāinga

- Tineia te haurehu mēnā ka rongo koe i te haunga, kia kore ai e pahū.
- Whakawetoa ngā hiko mēnā kua whakawetongia te hiko matua, mēnā rānei kua mate koe ki te whakahōnea. Tērā pea he waea hiko e tautau ana ki waho ā, kāore koe i te kite atu.
- Katia te wai mēnā e mōhio ana koe kua pakaru ngā paipa. Ka mahi kino te wai i to kāinga.



Ko te Wai Oranga

- Mēnā ka parungia te wai i te paru, whāia ēnei tikanga. Koropupū te wai, Kotahi te haupū te roa. Komotia he wai whakakomā i roto i te ipu nui mō ia tekau rita, kia haurua te tīpuna te nui. Waiho te wai kia rarau, waiho mō te haurua

- Kaua e tukuna ngā para o tō wharepaku. Karia he hōru i muri ka tāpuke i nga para. Kia mā te noho.
- Whakarāhuingia te wharepaku. Kawea atu ōu tūtae ki waho ka whakanehu.



Rapu hia o Kiritata/hoa tata

- Manaaki hia nga mea e noho takitahi ana. Nga mea hauā. Ko ratau nga mea ka whāi awhina. Toha toha hia o pūkenga me nga rauemi kia taea te awhi tetahi i tetahi.



Haere ki te Poka pū o Te Hāpori

- Mena kei te hiahia āwhina
- Mena ka taea e koe te hoatu āwhina
- Ki whakaemi me te whakamohio kai te pehea to hāpori
- Ki te whakahaere i nga hiahia o te hāpori ka tuku atu ki te Emergency Operations Centre a te kaunihera.



Haere ki te paetukutuku

www.wremo.nz

Whakarongo ranei ki te reo irirangi mo nga whakanekeneke.