

# Tō aratohu whakamahere mō te rūwhenua

Kia rite koe ...

## I NĀIANEI TONU

### 1. Rēhita mō ngā whakatūpato, ka whai i a WREMO

#### Tikina ake te Pumanaawa

Me tikiake te taupānga New Zealand Red Cross Hazards Application. Me matua whakarite kei te kā te General Notifications kia āhei a WREMO ki te whakapā atu ki a koe i te wā o tētahi mate whawhatitata kaioraora. Ka tukuna atu e WREMO he whakatūpato mēnā he mōrearea haumarū ā-whaiaro anake. Whakatikaina ērā atu momo karere kia whiwhi ai koe i tāu e hiahia ana. Me maumahara, ko te rohe o Te Whanganui a Tara tēnei, tērā pea kihai koe e hiahia ana kia whakamōhiotia ai mō ngā tūpato hau katoa.

#### Ka tonoa ana he whakatūpato ki a koe

Whāia nga tohutohu e tohaina ana i nga pārongo i runga pae pāpāho pāpori, tuku kupu tuhi ki ō hoa, whānau ranei.



#### Anei ngā rauemi āwhina mō te noho haumarū:

-  paetukutuku mate whawhatitata o WREMO.  
**Toro atu ki: [www.WREMO.nz](http://www.WREMO.nz)**
-  Whāngai pukamata o WREMO  
**LIKE [facebook.com/WREMONz](https://www.facebook.com/WREMONz)**
-  Whāngai Twitter a WREMO  
**FOLLOW @WREMOinfo**
-  Haere ki te paetukutuku me te paepāpori a Te Kaunihera ā-Rohe
-  **WHAKARONGO** ki Radio New Zealand me ngā teihana 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 rongoa 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](https://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](https://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](https://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](https://getprepared.nz/ResponsePlan)

Waea mai, ki a mātou

 [wremo@gw.govt.nz](mailto:wremo@gw.govt.nz)


 04 830 4279

 [facebook.com/WREMONz](https://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](http://www.getprepared.nz/Hubs)

Kei nga pū tētahi kete tīmatatanga e mau ana i ngā pānga tuhituhi, tētahi irirangi AM/FM, ngā mapi, 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 :

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

**I Roto** - Me noho ki roto i te whare kia mutu rā anō te rū, ā, kia haumarū 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, kua 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** - Kua e noho i runga i te ara hīkoi kei taka mai ētahi mea i ngā whare e karapoti ana i a koe. Kia tere te kuhu ki tētahi whare, kātahi ka Taka, ka Hīpoki, ka Pupuri hoki.



# 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 rūrū, 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](https://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 nāianei 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](https://getprepared.nz/schools)

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

Kōrero ki ngā tamariki mō ngā āhuatanga 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 kairīanga ki te matapaki.



## Whakarerihia he pāhi mō te kāinga, mō te mahi hoki

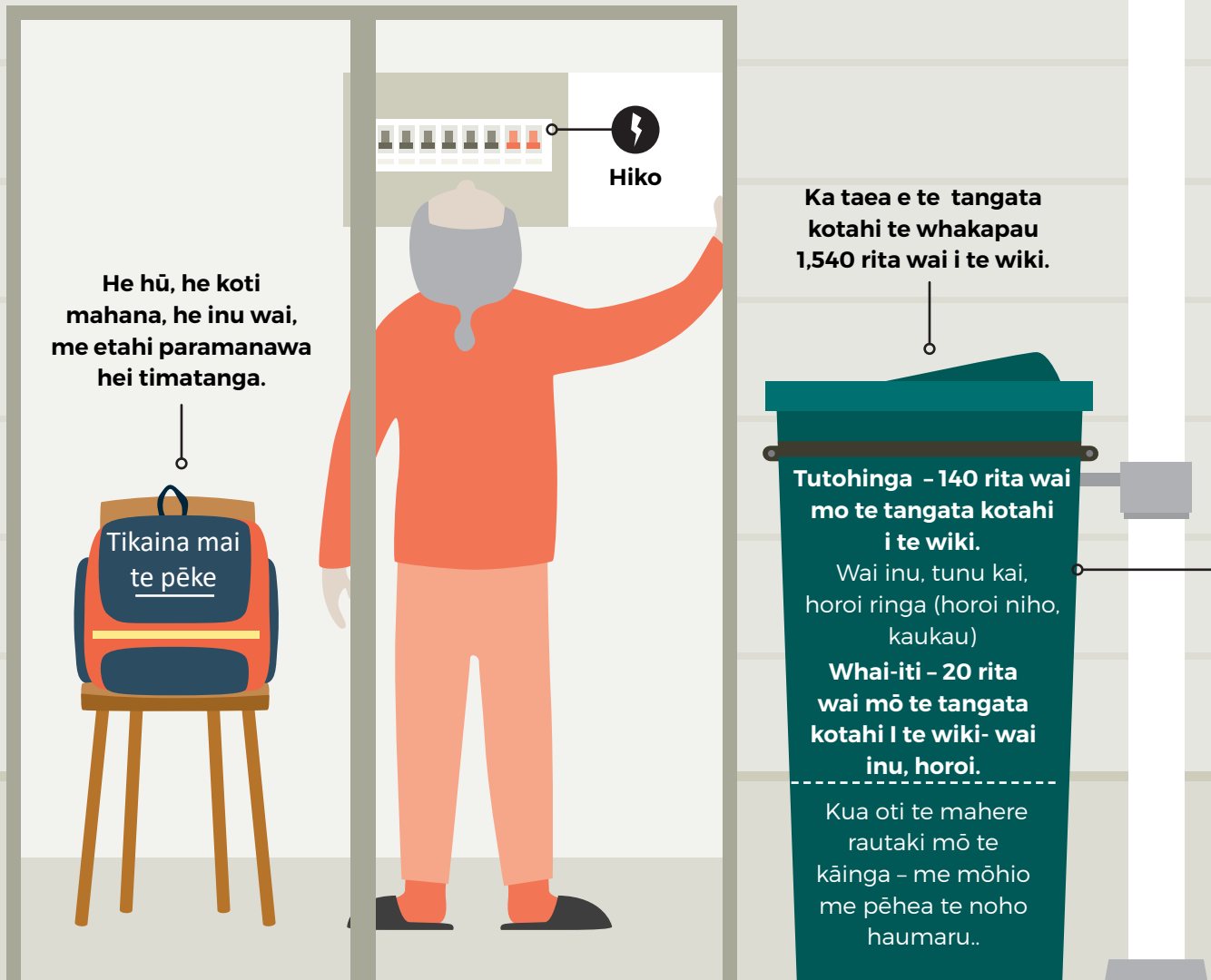
Mēnā ka ohore te wehenga atu i te kāinga, he tawhiti rānei te hīkoi mai i te mahi ki te kāinga. Kia āta whakaarohia he aha rawa hei rau ki roto i tō pāhi. Ko ngā mea e tino hiahia ana koe mō te 3 haora, te 3 rā ranei. Māu tonu e whakarite. Kāore noa iho e rahi te utu.

 [getprepared.nz/GrabBag](https://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. Whakaingoaia kia mōhio koe kei hea.



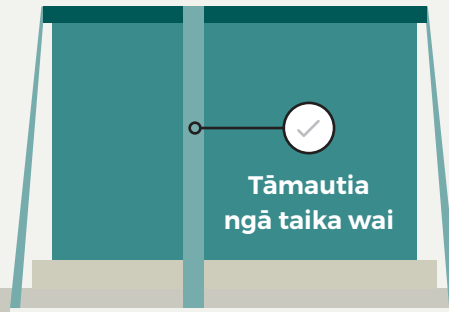
Wai katirere



## 5. Whakahaumaruhia Tō Kāinga



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




Tāmautia ngā taika wai

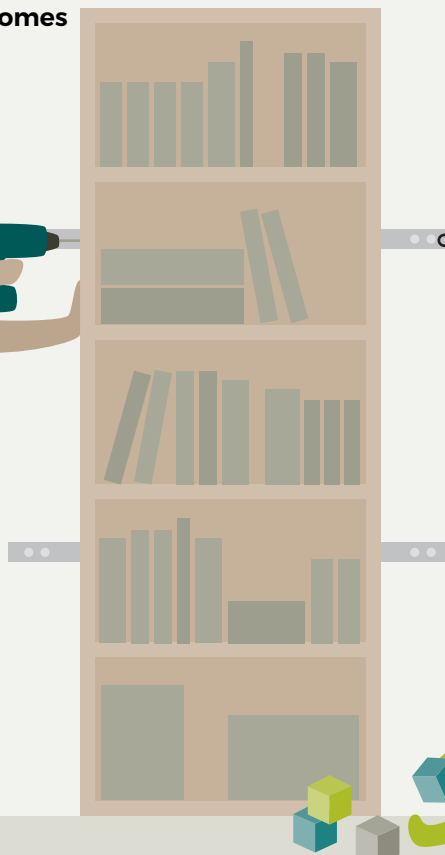
Ki te mahia ēnei kia haumaruru ai tō kāinga, ka paku noa te pākarukaru i te wā o te rū. E āhei tonu ai koe ki te noho i tō kāinga, ahakoa kei te pūrere ngā mea katoa.

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](https://getprepared.nz/SafeHomes)



Whakahaumaruru ngā tēpu nui



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





# 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.

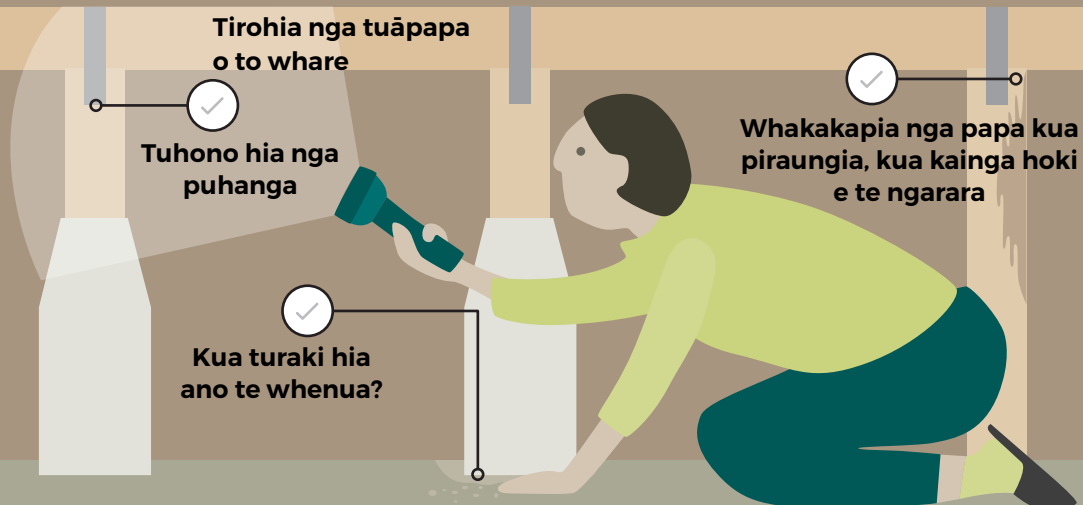
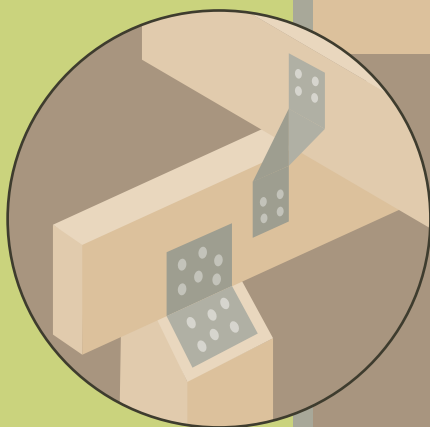
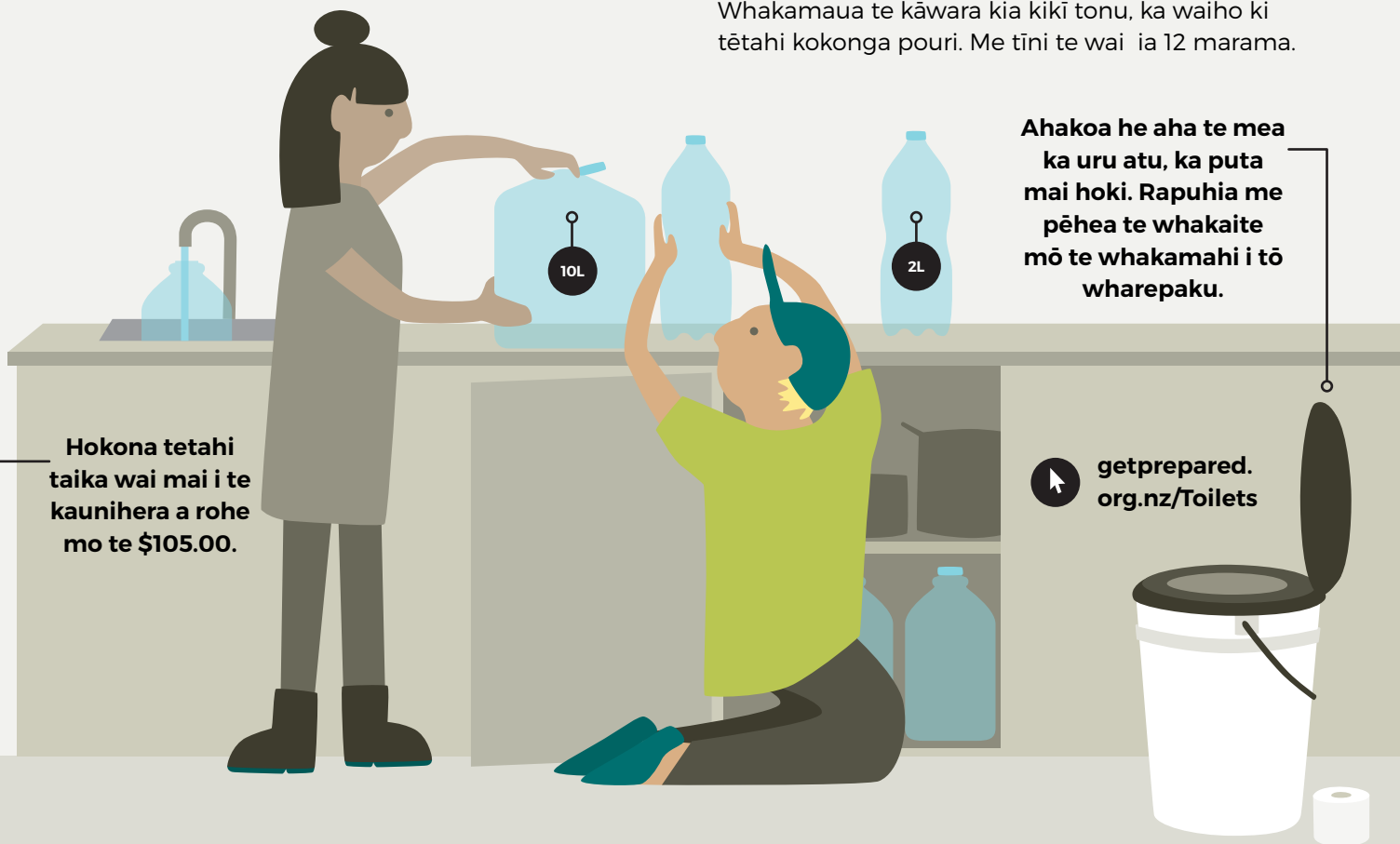
Hokona tētahi ipu pupuri wai e 200 rita, neke atu ranei, inaianeī, kia rahi ai te wai mō te wā ohotata. He māmā noa iho te utu, ā ka taea e koe te whakarite. Tāmautia ka whakaki ki te wai mā.

 [getprepared.nz/Water](https://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. Kauga 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 tini te wai ia 12 marama.



## 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 awahi, 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 inaianei, 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 whakahaumaru.

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

Tuhia he rārangi rongoa. 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.



Whakakīhia ō kāpata kākahi, kia kore e mate ki te haere ki te toa mo te 1 wiki.

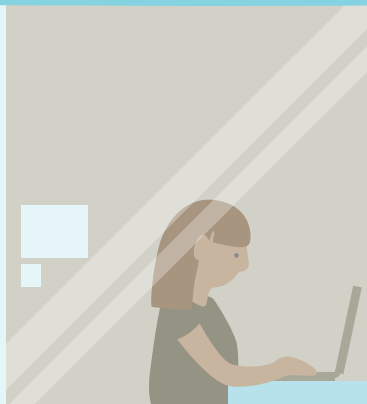


KUA RERI MĀTAU!



Kua rahi nga kai mo te wiki ki te raruraru

## || Mēnā koe kei runga i te paetukutuku [getprepared.nz](http://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](http://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 whakamarumaruru 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 paetukuktuku

[www.getprepared.org.nz](http://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 haumaruru, mā raro (hīkoi), mā runga paihikara rānei – ki tuawhenua, ki runga hiwi rānei. Kua e taraiwa i tō motukā
- Me whai i nga Tsunami Blue Arrows me ngā tohu ara hōneatanga kia tae koe ki te wāhi haumaruru 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 haumaruru kua whakaritea i mua o tō hokinga ki te kāinga
- Whakamōhio atu ki te marea kei te haumaruru koe mā te whakahou i to tūnga pae pāpori me tō karere waea, mēnā ka āhei koe. Me tuku kōrero tuhinga, kua e whakamahi i te waea, kia wātea ai mō to kotuinga.



### Tiki i o tamariki

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

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



### Kia Haumaruru 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 Haumaruru tō Kāinga

- Tineia te haurehu mēnā ka rongo koe i te haunga, kia kore ai e pahū.
- Whakawettoa 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

- Kua e tukuna ngā para o tō wharepaku. Karia he houru 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 whai āwhina. Toha toha hia o pūkenga me nga rauemi kia taea te awahi 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](http://www.wremo.nz)

Whakarongo ranei ki te reo irirangi mo nga whakanekeneke.