A picture containing text

Description automatically generated­­



What you can do to

get ready for earthquakes

Graphical user interface, application

Description automatically generated

# December 2022

|  |  |
| --- | --- |
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|  |  |
| --- | --- |
| What is an earthquake? | |
| A picture containing whiteboard  Description automatically generated | The information in this document is about being ready for an **earthquake.** |
|  |  |
|  | An **earthquake** is when the surface of the earth starts to shake. |
|  |  |
| Map  Description automatically generated | Earthquakes happen because the surface of the earth is made up of huge pieces called tectonic plates, which are moving all the time. |
|  |  |
|  | Earthquakes happen when the tectonic plates:   * bump into each other * move past each other. |
|  |  |
|  | All of New Zealand is at risk of earthquakes. |
|  |  |
| A picture containing linedrawing  Description automatically generated | It is not possible to know when an earthquake might happen. |
|  |  |
| A picture containing logo  Description automatically generated  A group of people  Description automatically generated with low confidence | There are things we can do:   * to be ready for an earthquake * to protect ourselves * to protect our family / whānau. |
| Making an earthquake plan | |
| A picture containing whiteboard  Description automatically generated | The best way to get ready for an earthquake is to make a plan. |
| Graphical user interface  Description automatically generated | Having an earthquake plan will make it easier know what to do if it happens. |
| Shape, circle, square  Description automatically generated | It is a good idea to think about what supplies you might need. |
|  |  |
| A plastic water bottle  Description automatically generated with medium confidence  A picture containing graphical user interface  Description automatically generated  A picture containing text, first-aid kit, container, bin  Description automatically generated | **Supplies** could be things like:   * water in bottles for everyone in your house * a cupboard with lots of food * a first aid kit. |
| A picture containing tool  Description automatically generated  A group of people in safety vests looking at a baby in a stroller  Description automatically generated with low confidence | **First aid** is when you give medical help to someone who is injured so you can:   * save the life of that person * prevent their injury from getting worse. |
| Shape  Description automatically generated with medium confidence | You could get badly hurt if a large object falls on you during an earthquake. |
|  |  |
| A picture containing person, indoor  Description automatically generated  A picture containing cabinet, television, wooden, entertainment center  Description automatically generated | Large objects could be things like:   * bookcases * televisions * heavy ornaments like vases or photo frames. |
|  |  |
| A picture containing person, holding, player, hand  Description automatically generated | You can make your home safer by making sure any large objects that could fall over in an earthquake are fixed to a wall. |
|  |  |
| A picture containing person  Description automatically generated | If you have **insurance** for your home, you should make sure it is up to date. |
|  |  |
| Graphical user interface, website  Description automatically generated | Having **insurance** is when you pay money to an insurance company so that they will assist you if something goes wrong. |
|  |  |
| A picture containing person  Description automatically generated | You should make sure you have insurance for:   * your home * the things you have inside your home known as **house contents**. |
|  |  |
|  | Having insurance for your home and contents will help you get things fixed quicker if your house is damaged by an earthquake. |
|  |  |
| A picture containing person  Description automatically generated | It is also a good idea to put together a **grab bag** that you can take with you in an emergency. |
|  |  |
| A picture containing person  Description automatically generatedA picture containing text, first-aid kit, container, bin  Description automatically generated**A plastic water bottle  Description automatically generated with medium confidence**A picture containing dark, light  Description automatically generatedArrow: Rotate right with solid fill | A **grab bag** is a small bag of essential items that you can take with you if you need to get away from danger very quickly. |

|  |  |
| --- | --- |
| Things you can do to be ready for an earthquake | |
| Graphical user interface, application  Description automatically generated | The best thing to dowhen an earthquake starts is **drop cover and hold**. |
|  |
| **Drop cover and hold** is what you do with your body to protect yourself in an earthquake. |
|  |  |
| C:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\Fall.png  A picture containing linedrawing  Description automatically generated | Drop cover and hold:   * stops you from falling over when everything is shaking * means you are less likely to get hit by any falling objects * can protect you from getting badly hurt. |
|  |  |
| Graphical user interface, application  Description automatically generated | You can find out more about drop cover and hold on pages **15 to 25** of this document. |
|  |  |
| **Earthquake**  **Plan**   1. **\_\_\_\_\_\_\_\_\_\_** 2. **\_\_\_\_\_\_\_\_\_\_** 3. **\_\_\_\_\_\_\_\_\_\_** 4. **\_\_\_\_\_\_\_\_\_\_** | Your earthquake plan should include the safest places to drop cover and hold. |
|  |  |
|  | The safest place to drop cover and hold is somewhere close so you do not have to go more than a few steps to get to it. |
|  |  |
| A picture containing person  Description automatically generated  A picture containing text, outdoor, yellow, orange  Description automatically generated  A picture containing person  Description automatically generated | You should know where these safe places are:   * in your home * where you go to work * at other places you visit often. |
|  |  |
|  | If you are inside when an earthquake starts you should stay inside. |
|  |  |
| Close with solid fillA picture containing posing  Description automatically generated | If you run outside when an earthquake starts you may get hurt by falling objects. |
|  |  |
|  | You should notstand in a doorway when an earthquake is happening. |
| In most New Zealand houses the doorways are no stronger than any other part of the house. |
|  |  |
| A close-up of a door  Description automatically generated with low confidence | You should make sure that you drop cover and hold well away from:   * windows that could break * cupboards / doors that could swing open and hit you * heavy objects that could fall on you. |
|  |  |
|  |  |
| Practising your earthquake plan | |
| Tick with solid fill | It is important to **practise** what you will do in an earthquake so you can act quickly to keep yourself safe if it happens. |
|  | **Practise** is when you do something many times so that you get good at doing it. |
|  |  |
|  | You should practise doing drop cover and hold at least 2 times a year. |
|  |  |
| A picture containing text, clock  Description automatically generated | You could practise doing drop cover and hold when the clocks change at daylight savings time. |
| Graphical user interface, text  Description automatically generated with medium confidence | You could also practise doing drop cover and hold by taking part in **New Zealand ShakeOut.** |
|  |  |
| A picture containing person, standing, posing, group  Description automatically generatedA picture containing ceramic ware, porcelain  Description automatically generated | **New Zealand ShakeOut** is an event where everyone in New Zealand can practise what they would do in an earthquake. |
|  |  |
| A picture containing text, electronics, computer, keyboard  Description automatically generated | You can read more about  New Zealand ShakeOut on the  Get Ready website:  **https://getready.govt.nz/ involved/shakeout/** |
|  |  |
|  | This information is **not** in Easy Read. |

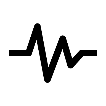
|  |  |
| --- | --- |
| What is drop cover and hold? | |
| A picture containing ceramic ware, porcelain  Description automatically generated | The following pages will tell you how to drop cover and hold when an earthquake starts. |
| Graphical user interface, application  Description automatically generated | **Drop** |
|  |  |
| C:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\Elderly Fall  drop.png | As soon as you feel an earthquake begin you should **drop** down on your hands and knees. |
|  |  |
| C:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\Fall.png  C:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\Elderly Fall  drop.png | Doing this will stop you from falling / getting knocked over  **but**  it means you can still move if you need to. |
| Graphical user interface, application  Description automatically generated | **Cover** |
|  |  |
|  | You should **cover** yourself by getting underneath a strong table / desk if one is close to you. |
| C:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\Elderly Fall  drop.png | You should make sure the table covers:   * your head * your neck * all of your body if you can. |
|  |  |
| **A picture containing person, indoor  Description automatically generated** | If you cannot get under a table you should use your hands to cover:   * your head * your neck. |
| **Graphical user interface, application  Description automatically generated** | **Hold** |
|  |  |
|  | You should **hold** on to the legs of the table to stop it moving away from you. |
|  |  |
| A picture containing ceramic ware, porcelain  Description automatically generated | You should keep holding the legs of the table until the shaking has stopped. |
|  |  |
|  | If you are not able to get underneath a table you should:   * use your hands to coveryour head and neck * hold that position until the shaking stops. |

|  |  |
| --- | --- |
| Drop cover and hold in other places | |
| Graphical user interface, application  Description automatically generated | The rules for drop cover and hold can change depending on where you are when an earthquake starts. |
|  |  |
| A screenshot of a computer  Description automatically generated with low confidence  Diagram  Description automatically generated | **Drop cover and hold outside**  If you are outside when an earthquake starts you should try to move away from any:   * buildings * trees * streetlights * power lines. |
|  |  |
| Logo, icon, company name  Description automatically generated | You should drop cover and hold in as safe a place as you can. |
|  |  |
| A picture containing text, clipart  Description automatically generated | **Drop cover and hold in a lift / elevator**  If you are in a lift / elevatorwhen an earthquake starts you should drop cover and hold in the elevator. |
|  |  |
|  | If you are able to you should try to get out of the lift / elevator at the nearest floor. |
|  |  |
| Icon  Description automatically generated | **Drop cover and hold in bed**  If you are in bed when an earthquake starts you should:   * stay in bed * pull the sheets / blankets over your body * use your pillow to cover your head. |
|  |  |
| Tick with solid fillC:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\Bedroom bed.png | You are less likely to get hurt if you stay in bed. |
|  |  |
| A picture containing car  Description automatically generatedA stop sign on a pole  Description automatically generated with medium confidence | **Drop cover and hold when you are driving**  If you are driving when an earthquake starts you should:   * pull over to a safe place * stop the vehicle * wait inside your vehicle until the shaking stops. |
|  |  |
|  | Do **not** start driving again until the shaking has completely stopped. |
|  |  |
|  | Do **not** go near any **structures** that might have been damaged by the earthquake. |
|  |  |
| C:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\Bridge 1.png | **Structures** are things like:   * bridges * ramps. |

|  |  |
| --- | --- |
| Drop cover and hold for people with a mobility impairment | |
|  | If you have a **mobility impairment** you might find it difficult to do the droppart of drop cover and hold. |
|  |  |
| A picture containing person  Description automatically generated | A **mobility impairment** means you might find it difficult to:   * get around easily * keep your balance * move your body in certain ways. |
| Graphical user interface  Description automatically generated | You may need to use a stick / cane to support yourself. |
|  |  |
| Graphical user interface, application  Description automatically generated  A picture containing text, clipart  Description automatically generated | If you have a mobility impairment when an earthquake starts you should get as close to the floor as you can.  If you cannot get on the floor it is okay to sit on:   * a chair * a bed. |
|  |  |
|  | You should use your hands to cover:   * your head * your neck. |
| Graphical user interface  Description automatically generated | You should keep your stick / cane close to you so you can use it when the shaking stops. |
| C:\Users\KathA\Dropbox\Easy Read Images\Standard Images\Photosymbols\wheelchair 2.png | You do **not** need to do the drop part of drop cover and hold if you use a mobility aid such as:   * a walker * a wheelchair.   If you use these types of mobility aids you should **lock cover and hold.** |
| **Lock with solid fillA drawing of a car  Description automatically generated with low confidence**  A picture containing text, clipart  Description automatically generated  A picture containing ceramic ware, porcelain  Description automatically generated | **Lock cover and hold** means you should:   * **lock** the wheels of your mobility aid so it cannot move * bend over so you can **cover** your head / neck as much as you can * **hold** this position until the shaking stops. |
| What to do if you feel an earthquake when you are near the beach | |
| A picture containing ceramic ware, porcelain  Description automatically generatedIcon  Description automatically generated with low confidence | If an earthquake happens under the sea it can cause a giant wave called a **tsunami**. |
|  |  |
| Icon  Description automatically generated with low confidenceIcon  Description automatically generated with low confidenceHigh voltage with solid fillChevron arrows with solid fillChevron arrows with solid fill | **Tsunami** are waves that can:   * travel very fast * be very dangerous. |
|  |  |
| A picture containing ceramic ware, porcelain  Description automatically generated  A picture containing text, clock, reading, time  Description automatically generated | A tsunami is more likely to happen if the earthquake:   * is very strong * lasts for a long time. |
|  |  |
| A picture containing text, clock, reading, time  Description automatically generatedA picture containing posing  Description automatically generatedArrow: Anti-clockwise curve with solid fillArrow: Anti-clockwise curve with solid fill | You should remember that if an earthquake is **long** or **strong** you should **get gone**. |
|  |  |
| A black and white clock  Description automatically generated with low confidenceA person standing in front of a group of people in black  Description automatically generated with low confidenceChevron arrows with solid fillChevron arrows with solid fill | An earthquake is **long** or **strong** if the shaking:   * lasts longer than 1 minute * makes it difficult for you to stay standing up. |
|  |  |
| A picture containing posing  Description automatically generatedArrow: Anti-clockwise curve with solid fill | **Get gone** means that when the shaking has stopped you should move as quickly as you can to a high place  **or**  get as far away from the beach / sea as you can. |
|  | If you feel a long and strong earthquake when you are near the beach / sea you should:   * drop cover and hold until the shaking stops * move away from the water as soon as it is safe to do so. |

|  |  |
| --- | --- |
| What to do after an earthquake | |
| A picture containing ceramic ware, porcelain  Description automatically generated | You should be ready for more shaking to happen even after an earthquake has stopped. |
|  |  |
| Graphical user interface, application  Description automatically generated | You should drop cover and hold every time you feel more shaking. |
|  |  |
| A picture containing ceramic ware, porcelain  Description automatically generatedArrow: Anti-clockwise curve with solid fillA picture containing text, clock, reading, time  Description automatically generated | More shaking can happen at any time after an earthquake. |
|  |  |
|  | Sometimes more shaking happens many days after the first earthquake. |
|  |  |
| A picture containing tool  Description automatically generated | After an earthquake happens you should check yourself to make sure you have not been hurt. |
|  |  |
|  | If you have been hurt you should get first aid straight away. |
|  |  |
|  | You do not need to leave a building straight away after an earthquake. |
|  | You should stay inside after an earthquake happens even if you are frightened. |
|  |  |
| A picture containing text, building  Description automatically generated | If you go outside you might get hurt by things the earthquake has damaged. |
|  | There are some reasons why you might need to get out of a building straight away after an earthquake. |
| A picture containing text, building  Description automatically generated | These reasons include:   * you can see it has been very badly damaged by the shaking * staying inside would mean you are not safe * you are at risk of a tsunami. |
|  | You may be told to turn off any **utilities** after an earthquake happens. |
| Water with solid fillA white sink with a black background  Description automatically generated with low confidenceA picture containing diagram  Description automatically generated | **Utilities** are things like:   * the water that comes out of your taps * your electricity supply * the gas supply that is connected to your house. |
|  |  |
|  | **What to do if you smell gas after an earthquake** |
| A person with her hand up  Description automatically generated with low confidence | After an earthquake you should check if you can:   * smell gas * hear a blowing / hissing noise. |
|  |  |
| A person looking at a phone  Description automatically generated with medium confidenceA red door on a brick building  Description automatically generated with medium confidenceA picture containing posing  Description automatically generatedArrow Right with solid fillClose with solid fill | If you notice any of these things you should:   * open a window straight away * get everyone out of the house as soon as you can * turn off the gas supply if you can. |
|  | **What to do if you see any damage to electrical items after an earthquake** |
| A picture containing diagram  Description automatically generated | After an earthquake you should look out for:   * electrical sparks * broken wires * damage to electrical systems. |
|  |  |
| A picture containing text, indoor, appliance, kitchen appliance  Description automatically generated | If you notice any of these things you should turn off the electricity at the main fuse box if it is safe to do so. |
|  |  |
|  | **Protecting yourself from broken objects** |
| A picture containing linedrawing  Description automatically generated | After an earthquake you are at risk of getting hurt by broken objects. |
| A picture containing text  Description automatically generatedA picture containing person, clothing, red, jacket  Description automatically generated | You can protect yourself from getting hurt by broken objects by putting on clothing that covers your:   * arms * legs. |
|  |  |
| A brown leather boot  Description automatically generated with medium confidence | You should also make sure you protect your feet by putting on some strong footwear. |
|  |  |
|  | **If you are in a public place when an earthquake happens** |
|  | If you are in a public place when an earthquake starts you should do what the person in charge tells you to do. |
| A person showing a person something on the computer  Description automatically generated with low confidence  Graphical user interface  Description automatically generated  A model of a house  Description automatically generated with medium confidence | A public place could be:   * a shop / store * a library * another building * public transport such as a:    + bus   + train. |
|  |  |
|  | **Contacting people after an earthquake** |
| Tick with solid fill**A person smiling with her hand on her face  Description automatically generated with medium confidenceA hand holding a calculator  Description automatically generated with medium confidenceClose with solid fill** | You should **not** use the telephone after an earthquake unless it is to make an emergency call to **111**. |
| A fireman standing next to a fire truck  Description automatically generated with medium confidenceA white and green ambulance  Description automatically generated with low confidenceA picture containing text  Description automatically generated | This is so that the phone lines can be kept clear for calls to emergency services. |
|  |  |
| Graphical user interface, application  Description automatically generated | You should use other ways of contacting people if you need to such as:   * social media * text messages. |
| A picture containing text, person, holding, electronics  Description automatically generated |  |
| Diagram, engineering drawing  Description automatically generatedA group of people posing for a photo  Description automatically generated with medium confidence | You should check in with other people who may need support after an earthquake such as:   * your neighbours * older / disabled whānau * anyone else who might need your support. |
|  |  |
|  | **Pets and earthquakes** |
|  | Your pets may be frightened by an earthquake. |
|  |  |
| A picture containing transport, linedrawing  Description automatically generated | You should make sure you protect your pets from any dangers. |
|  |  |
| A black and white drawing of a person and a child  Description automatically generated with medium confidenceArrow Right with solid fillA picture containing person  Description automatically generated | You should keep your pets inside unless it is not safe to do so. |
|  |  |
| A person with a dog  Description automatically generated with low confidence | You should also keep control of your pets so they cannot hurt other people. |

# What to do if your property is damaged after an earthquake



It is possible that an earthquake could damage your **property**.

A picture containing person

Description automatically generated

Your **property** could be things like:

* the outside of your house

A close-up of a door

Description automatically generated with low confidence

* things inside your house
* your car

A picture containing car

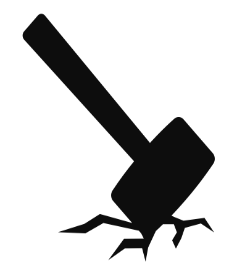
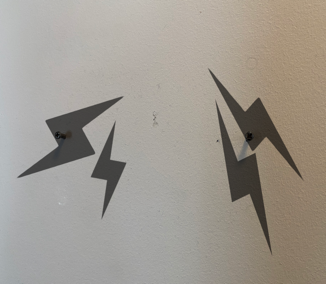
Description automatically generated

* things in your garden such as a shed.

A picture containing linedrawing

Description automatically generatedIf your property is damaged by an earthquake you should not do anything that:

* could be dangerous to you



* could cause more damage to your property.

A picture containing person, cellphone, pink, crowd

Description automatically generated

If you have insurance you should tell the insurance company about the earthquake damage as soon as possible.



If you rent your home you should tell your landlord about the earthquake damage as soon as possible.

A person holding a camera

Description automatically generated with medium confidenceYou should take photos of any earthquake damage.

A picture containing person, standing

Description automatically generatedHaving photos means that the insurance company can look at your insurance claim much faster.



This information has been written by the National Emergency Management Agency.



It has been translated into Easy Read by the Make It Easy service of People First New Zealand Inc. Ngā Tāngata Tuatahi.

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Change logo.
Change is the name of the organisation.

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* Changepeople.org



* Photosymbols.com



* Sam Corliss
* Huriana Kopeke-Te Aho.

A picture containing text, clipart

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