



NEW ZEALAND
RED CROSS
RĀPEKA WHERO AOTEAROA

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



Hints and tips for when disaster strikes

Being good and ready isn't only about water and tinned food, it's also about being connected in your community. New Zealand Red Cross encourages you to take these simple steps today to be good and ready for future disasters: **connect, care, prepare.**

CONNECT with your community

Thriving communities provide a safe place for people to feel a sense of belonging, to connect and share, and to feel accepted.

Here are a few ideas to connect:

- Simply wave or say hi to someone new.
- Share a cuppa or some kai with your neighbours.
- Organise a street party or neighbourhood event – Neighbours Day Aotearoa is a great excuse!
- Join a community group, attend community events, participate in a community project – community gardens, sharing produce, volunteer projects.

HOST A STREET PARTY FOR NEIGHBOURS DAY

New Zealand Red Cross is a partner of Neighbours Day Aotearoa. You can be here for good in your neighbourhood by hosting your own street party using Neighbours Day Aotearoa event resources.



CARE for your community

In an emergency, most people are helped first by their neighbours.

Here are some things you can do to help care for your community:

- Create an emergency plan with your neighbours.
- Participate in Civil Defence's community emergency planning opportunities.
- Check on people who might need special assistance before, during or after an emergency. Help them make a plan and prepare their household.
- Join the Red Cross community by volunteering.

PREPARE yourself and your whānau

Having information and resources can help you and your whānau get through hard times more easily.

Here's what you can do to get prepared:

- **Have a plan:** Create your household emergency plan using the Civil Defence template: www.happens.nz/make-a-plan.
- **Know about hazards:** Download the Red Cross Hazard App to get local information about emergencies.
- **Have your stuff ready:** Pack/refresh your emergency supplies.
- **Be ready to help in a medical emergency:** Learn first aid through Red Cross and download the Red Cross First Aid App.
- **Make your home safer and more resilient:** Check your insurance, fix and fasten items in your home, back-up documents and photos, etc.

HOME EMERGENCY SUPPLIES



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



As we all know,
volunteering... helping out...
mucking in... giving back...
is part of the Kiwi way of life.

By joining Red Cross, you'll be part of
what makes Aotearoa so great. Not only
that, you'll help get your community more
connected – good and ready for when the
unexpected happens.

TEMPTED TO JOIN US?

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/get-involved/volunteer-opportunities.



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 |