



Survival Items

- Water (3 litres per person, per day)
- Torch and radio (with batteries)
- First aid kit and essential medicines
- Canned, non-perishable food
- BBQ or other means of cooking.
- Toilet paper, plastic bags and bucket

Be prepared for disasters

- You could be on your own for 3 days.
- Find out more about the disasters you may face in your community.
- Make sure you and your family talk about what to do in an emergency and have a plan.
- Make sure you have emergency survival items to cope on your own for at least three days.

If you hear a Civil Defence emergency siren:

- Listen to your radio for Civil Defence advice
- For Police, Fire or Ambulance dial 111
- Do not use the phone unless it is urgent

For more information contact 211-1777