

Kaeo

NORTHLAND

Community Response & Flood Plan



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The key hazards in Kaeo

- Cyclones
- Flooding
- Tsunami
- Wild Fire



Cyclones

Major storms affect wide areas and can be accompanied by strong winds, heavy rain, thunder, lightning, tornadoes and rough seas. They can cause damage to property and infrastructure, affect crops and livestock, disrupt essential services, and cause coastal inundation.

Severe weather watches and warnings are issued by the MetService and available through the broadcast media, by email alerts, and online at www.metservice.co.nz



Flooding

Floods can cause injury and loss of life, damage to property and infrastructure, loss of stock, and contamination of water and land.



Floods are usually caused by continuous heavy rain or thunderstorms but can also result from tsunami and coastal storm inundation. A flood becomes dangerous if:

- the water is very deep or travelling very fast
- the floods have risen very quickly
- the floodwater contains debris, such as trees and sheets of corrugated iron.

Getting ready before a flood strikes will help reduce damage to your home and business and help you survive.

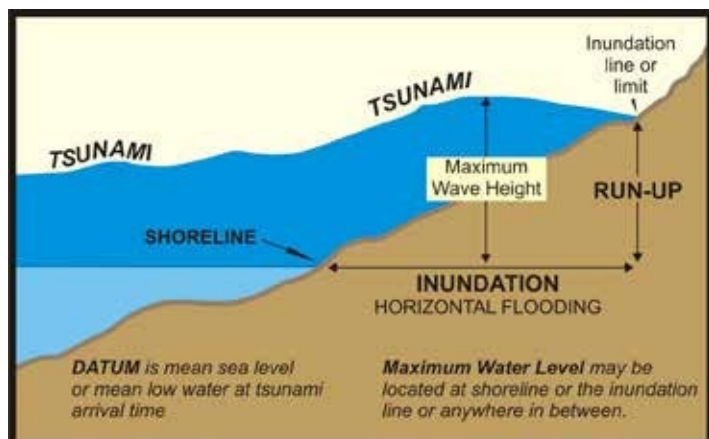
get ready...



Tsunami

New Zealand's entire coast is at risk of tsunami. A tsunami can violently flood coastlines, causing devastating property damage, injuries and loss of life.

A tsunami is a natural phenomenon consisting of a series of waves generated when a large volume of water in the sea, or in a lake, is rapidly displaced. A tsunami can be caused by large submarine or coastal earthquakes; underwater land- slides which may be triggered by an earthquake or volcanic activity; large coastal cliff or lakeside landslides; or volcanic eruptions beneath or near the sea.



Know the natural warning signs

If you are at the coast and experience any of the following, move immediately to the nearest high ground, or as far inland as you can:

- Feel a strong earthquake that makes it hard to stand up, or a weak rolling earthquake that lasts a minute or more;
- See a sudden rise or fall in sea level; or
- Hear loud and unusual noises from the sea.

Be Safe!

Know your tsunami evacuation zones

See the map on page 10



Wild fire

Although there are many benefits to living in the country, rural property owners face a higher risk of fire than city dwellers.

If a fire starts it may not be detected as quickly and emergency services take longer to respond because of greater travel distances.

For information on fire danger, fire season status and requirements for fire permits visit www.checkitsalright.nz

FIRE DANGER TODAY



get ready...



CREATE AND PRACTICE Household Emergency Plan

YOUR HOUSEHOLD

Address

Name

Phone numbers

Name

Phone numbers

Name

Phone numbers

Name

Phone numbers

Name

Phone numbers

1. If we can't get home or contact each other we will meet or leave a message at:

Name

Contact details

Name (back-up)

Contact details

Name (out of town)

Contact details

2. The person responsible for collecting the children from school is:

Name

Contact details

3. Emergency Survival Items and Getaway Kit Person responsible for checking water and food

Items will be checked and replenished on:

(check and replenish at least once a year)

The Getaway Kits are stored in the

4. The radio station (inc AM/FM frequency) we will tune in to for local civil defence information during an emergency

5. Friends/neighbours who may need our help or who can help us

Name

Address

Phone

Name

Address

Phone

6. On a separate sheet of paper draw a plan of the house showing places to shelter in an earthquake or storm, exits and safe assembly areas and where to turn off water, electricity and gas.

IMPORTANT PHONE NUMBERS

For Police, Fire or Ambulance call 111

Local Police station

Water Supplier

Medical Centre

Gas Supplier

Insurance Company

Electrician

Vet/Kennel/Cattery

Plumber

Electricity Supplier

Builder

Council Emergency Helpline

get ready...



CREATE

Emergency Survival Kit

In most emergencies you should be able to stay in your home. Plan to be able to look after yourself and your household for at least three days or more. Assemble and maintain your emergency survival items for your home as well as a portable getaway kit in case you have to leave in a hurry. You should also have essential emergency items in your workplace and in your car.

Emergency Survival Items

- | | |
|--|--|
| <input type="checkbox"/> Torch with spare batteries or a self-charging torch | <input type="checkbox"/> Toilet paper and large rubbish bags for your emergency toilet |
| <input type="checkbox"/> Radio with spare batteries | <input type="checkbox"/> Face and dust masks |
| <input type="checkbox"/> Wind and waterproof clothing, sun hats and strong outdoor shoes | |
| <input type="checkbox"/> First aid kit and essential medicines | |
| <input type="checkbox"/> Blankets or sleeping bags | |
| <input type="checkbox"/> Pet supplies | |



Getaway Kit

Everyone should have a packed getaway kit in an easily accessible place at home and at work which includes:

- Torch and radio with spare batteries
- Any special needs such as hearing aids and spare batteries, glasses or mobility aids
- Emergency water and easy-to-carry food rations such as energy bars and dried foods
- First aid kit and essential medicines
- Essential items for infants or young children such as formula and food, nappies and a favourite toy
- Change of clothes (wind/waterproof clothing and strong outdoor shoes)
- Toiletries – towel, soap, toothbrush, sanitary items, toilet paper
- Blankets or sleeping bags
- Face and dust masks
- Pet supplies
- Power bank and phone charger

HOW TO Stay informed

RADIO STATIONS

Newstalk ZB

1026AM & 1215AM

Classic Hits

96.4FM - Far & Mid North

106.1FM - Bay of Islands

More FM

91.6FM - Whangarei

92.0FM - Bay of Islands

Radio Live

100.7FM

National Radio

981AM, 101.5FM - Kaikohe

Alerts to your smartphone

Two alerting platforms are used by Northland Civil Defence (and other official agencies) to send alerts about severe weather, tsunami or other emergencies.



The Red Cross Hazard App



Emergency Mobile Alerts (EMAs)

Both options are free to users although smartphones need to be of certain capability to be able to receive them.

We recommend that if possible, people take advantage of both.

To find out more, visit:
www.nrc.govt.nz/cdalert

WEBSITES

Log on to one of the following websites for more information

www.nrc.govt.nz/civildefence

www.facebook.com/civildefencenorthland

www.geonet.org.nz/tsunami

www.ngdc.noaa.gov/hazard

www.metservice.com

www.prh.gov.ptwc/

get ready...



Kaeo Plan Area



Tsunami

BEFORE A TSUNAMI

Getting ready before a tsunami strikes will help reduce damage to your home and business and help you survive.

- If you live in a coastal area, ask your council about your tsunami risk and local warning arrangements.
- If you have a disability or special requirements, arrange with your support network to alert you of any warnings and emergency broadcasts.
- Develop a Household Emergency Plan and have a Getaway Kit ready.
- Know where the nearest high ground is and how you will reach it. Plan to get as high up or as far inland as you can. Plan your escape route for when you are at home, as well as for when you may be working or holidaying near the coast.

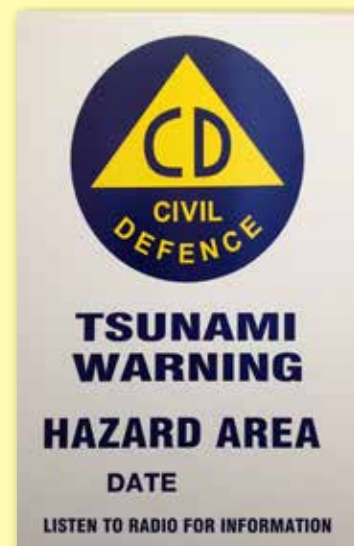
AFTER A TSUNAMI

- Continue to listen to the radio for civil defence advice and do not return to the evacuation zones until authorities have given the all-clear.
- Be aware that there may be more than one wave and it may not be safe for up to 24 hours, or longer. The waves that follow the first one may also be bigger.
- Check yourself for injuries and get first aid if needed. Help others if you can.
- Do not go sightseeing.
- When re-entering homes or buildings, use extreme caution as floodwaters may have damaged buildings. Look for, and report, broken utility lines to appropriate authorities.
- If your property is damaged, take notes and photographs for insurance purposes. If you rent your property, contact your landlord and your contents insurance company as soon as possible.

DURING A TSUNAMI



- Take your getaway kit with you if possible. Do not travel into the areas at risk to get your kit or belongings.
- Take your pets with you if you can do so safely.
- Move immediately to the nearest higher ground, or as far inland as you can. If evacuation maps are present, follow the routes shown.
- Walk or bike if possible and drive only if essential. If driving, keep going once you are well outside the evacuation zone to allow room for others behind you.
- If you cannot escape the tsunami, go to an upper storey of a sturdy building or climb onto a roof or up a tree, or grab a floating object and hang on until help arrives.
- Boats are usually safer in water deeper than 20 metres than if they are on the shore. Move boats out to sea only if there is time and it is safe to do so. Never go to the shore to watch for a tsunami.
- Stay away from at-risk areas until the official all-clear is given.
- Listen to your local radio stations as emergency management officials will be broadcasting the most appropriate advice for your community and situation.





What zone are you in?

Northland residents and visitors have access to more than 20 maps showing Tsunami Evacuation Zones for many of the regions coastal communities.

Northland Civil Defence have maps that graphically highlight three zones that need to be evacuated in the event of a tsunami warning, depending on different levels of risk.

The maps allow people to identify where their property or house sits in regard to the evacuation zone, an escape route and where they should go.

It's important for people to plan a route than can be a quick exit and preferably one that's on foot so roads aren't clogged up.

In some cases this might not be practical due to distances required to travel, so it is important to identify optional routes and aim to keep going as far as possible so others who may be behind aren't blocked in.

The evacuation zones are based on different level of inundation - i.e. how far the water is likely to reach onshore in different scales of tsunami - with a red zone nearest the beach, moving through orange and yellow evacuation zones further inland.

Tsunami wave zone definitions

RED ZONE	Higher Probability	20cm - 1 metre
ORANGE ZONE	Moderate Probability	1 metre - 5 metres
YELLOW ZONE	Lower Probability	5 metres - 8 metres

The red zone

is simply the topographic map coastline and is to be usually evacuated in response to the 0.2-1m wave height threat level called 'threat to beach, harbours, estuaries and small boats'.

The orange zone

matches the 1-5m wave height threat level called a 'moderate land threat', arriving on or below high tide. In other words if

a moderate land threat level (or a lesser threat level) is called, only the red and orange zones need to be evacuated - even if the wave could arrive on high tide. The orange zone includes the red zone.

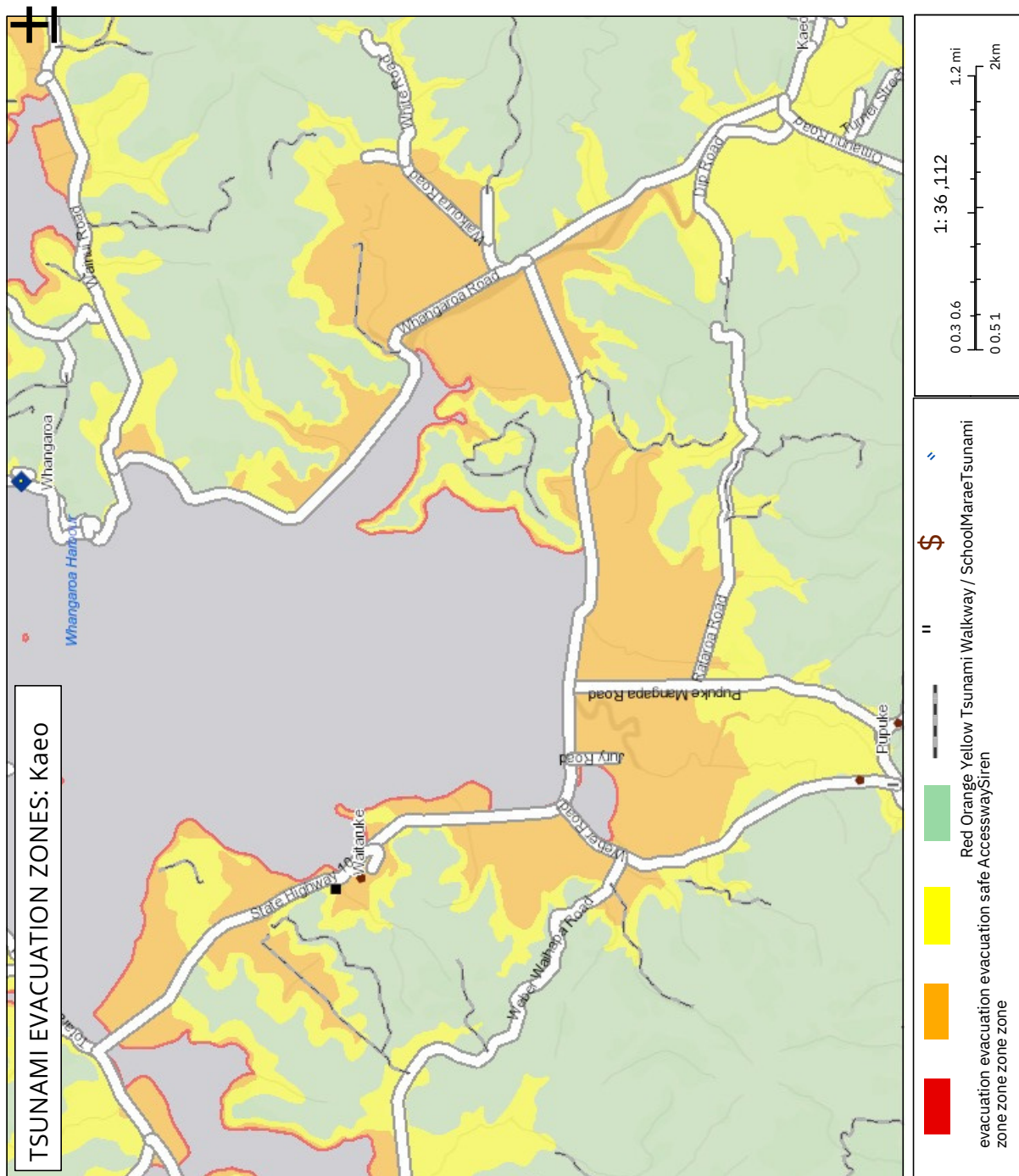
The yellow zone

includes the maximum credible tsunami sources taking into account the worst cases from both modelling and geological deposits. In an official warning larger than the moderate land threat level, or in the case of a natural or informal warning where the potential wave height is unknown, all zones including the yellow zone should be (self)-evacuated. The yellow zone includes the red and orange zones.

For all maps visit
www.nrc.govt.nz/evacuationzones



Kaeo Tsunami Map



A tsunami may arrive soon after a major earthquake. Don't wait for an official warning.

Walk inland or to high ground.

Use the map to identify your nearest safe zones and safe locations ahead of time.

Evacuate on foot if possible.

Roads will block very quickly.

Take essential items - tsunami flooding can last for many hours



More maps and info at:
www.w.nrc.govt.nz/tsunami



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DISCLAIMER: The Northland Regional Council cannot guarantee that the information shown is accurate and should be used as a guide only. Without proper consultation with the Council, no warranty is given.

Floods

Flood Level Indicator

The Northland Regional Council has sited monitoring equipment and a water level indicator behind the Kaeo Fire Station. The marker is indicative of the river level at the fire station.

This is able to be used as a visual indicator of whether the river is rising or falling.

This information is able to be used within the community, as an indicator of the rate of rise and depth of the river to project possible flooding and impact to the town and surrounding area.

Instrumentation relays information on the status of the river directly to the Northland Regional Council Hydrology team. During an adverse weather event that affects the Kaeo river catchment; this information is monitored by hydrologists.

The data is updated on the Northland Regional Council public website hourly. It is available to the public on www.nrc.govt.nz under "River and Rainfall data". This information can be accessed by the public to initiate an early response to the impact of flooding





Warnings

NATIONAL WARNINGS:

The Met Service issues watches and severe weather warnings for storms, and cyclones. You should monitor weather forecasts as they relate to Northland and the Eastern Bay of Islands.

A “heads up” should occur if weather warnings state rainfall of 60 mm to 90mm or more is expected over a short period (say 24 hours or less), and the subsequent high river levels will coincide with Whangaroa Harbour’s incoming or high tides.

Action: You need to consider moving animals and other property to higher ground and consider an action plan as you will become isolated.

NATURAL WARNINGS:

Natural warnings are when you are experiencing prolonged or heavy rainfall, have observed the river levels are rising and you know that the access routes to where you live may or are starting to flood.

MEDIA:

Radio, TV and internet are able to be used as a source of information that may not be specific to the threat of a particular area but can provide information on what is occurring with projected timings and likely impact on a larger scale.

If you have the internet, go to the Northland Regional Council Website www.nrc.govt.nz

Flood Safety Checklist

- Listen to the radio and monitor weather forecasts
- Weather Warnings predicting 90mm or more of rainfall will flood the Kaeo River
- High Tides coinciding with high water levels from heavy rainfall will flood the Kaeo River
- Follow the Northland Regional Council Rainfall and River and Rainfall Data website
- Check your emergency survival kit
- Consider animal welfare and moving stock to higher ground
- Move cars and other property above known flood levels
- Secure important documents and raise furniture or stock in businesses above floor level if possible
- Consider sand bagging or securing and sealing entrance ways to assist to prevent or divert water from entering buildings
- Consider alternative accommodation if required
- Avoid driving through floodwaters
- If leaving.....turn off electricity and evacuate the property early and during daylight hours



Floods

BEFORE A FLOOD

- Find out from your local council if your home or business is at risk from flooding. Ask about evacuation plans and local public alerting systems; how you can reduce the risk of future flooding to your home or business; and what to do with your pets and livestock if you have to evacuate.
- Know where the closest high ground is and how to get there.
Develop a Household Emergency Plan. Assemble and maintain your Emergency Survival Items for your home as well as a portable getaway kit. See page 5 for details.
- Check your insurance policy to ensure you have sufficient cover.

AFTER A FLOOD

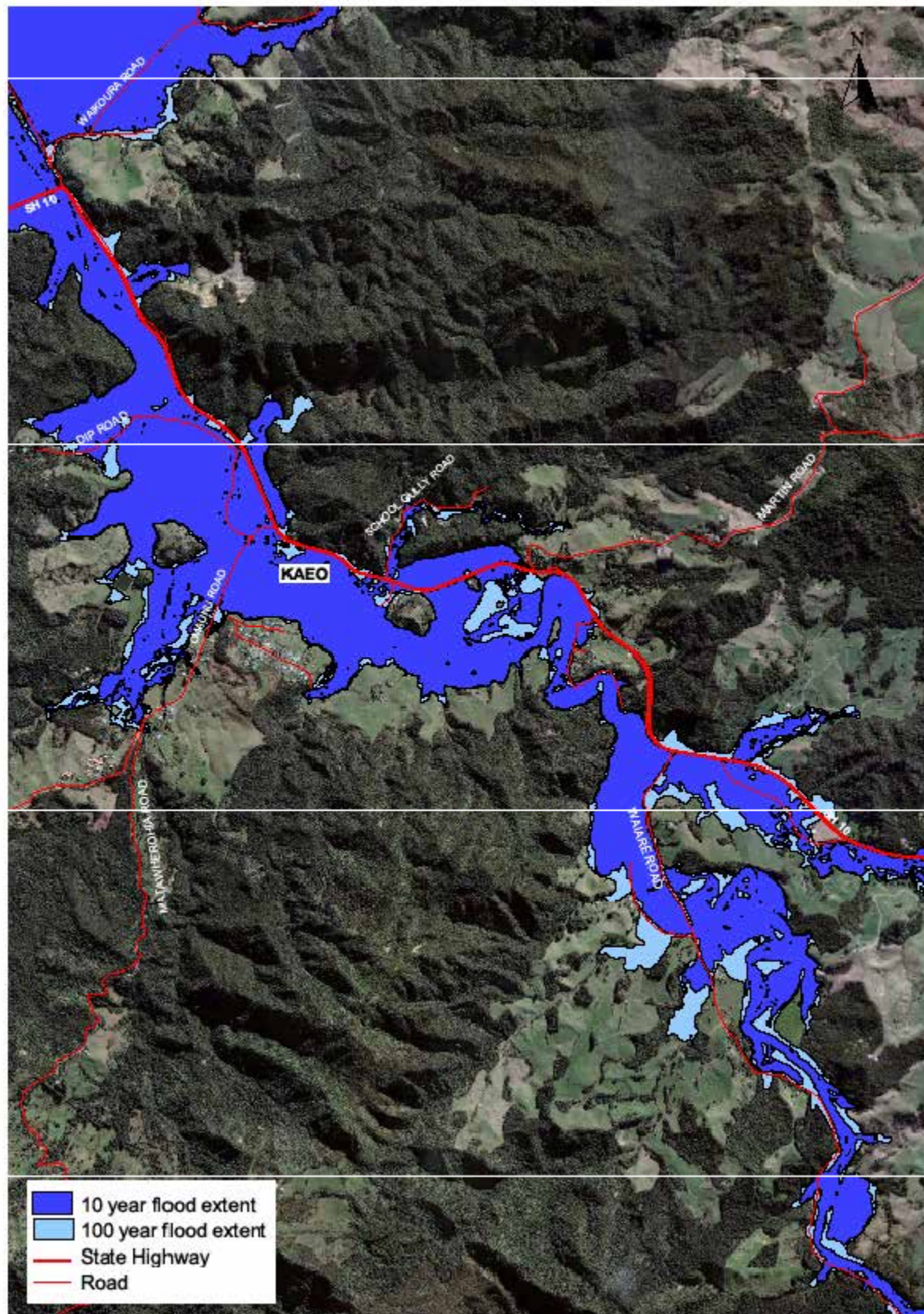
- It may not be safe to return home even when the floodwaters have receded. Continue to listen to your local radio station for civil defence instructions.
- Help others if you can, especially people who may require special assistance.
Throw away food including canned goods and water that has been contaminated by floodwater.
Avoid drinking or preparing food with tap water until you are certain it is not contaminated. If in doubt, check with your local council or public health authority.
- Look for and report broken utility lines to appropriate authorities.
- If your property is damaged, take notes and photographs for insurance purposes. If you rent your property, contact your landlord and your contents insurance company as soon as possible.

DURING A FLOOD OR IF A FLOOD IS IMMINENT

- Listen to your local radio stations as emergency management officials will be broadcasting the most appropriate advice for your community and situation.
- If you have a disability or need support, make contact with your support network.
Put your household emergency plan into action and
- check your getaway kit. Be prepared to evacuate quickly if it becomes necessary.
Where possible, move pets inside or to a safe place, and move stock to higher ground.
Consider using sandbags to keep water away from your home.
Lift valuable household items and chemicals as high above the floor as possible.
- Fill bathtubs, sinks and storage containers with clean water in case water becomes contaminated.
- Turn off utilities if told to do so by authorities as it can help prevent damage to your home or community. Unplug small appliances to avoid damage from power surges.
Do not attempt to drive or walk through floodwaters unless it is absolutely essential.
-



Kaeo Flood Zones



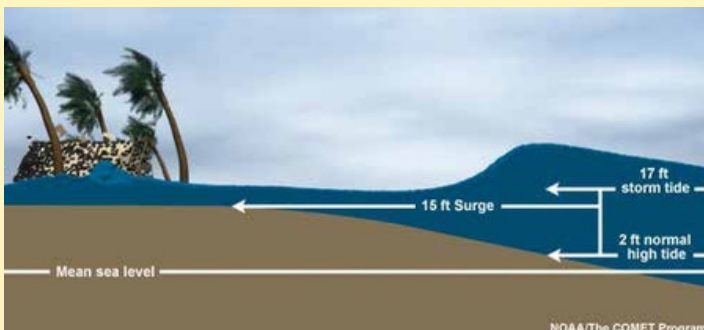


Cyclones

BEFORE A STORM

- Develop a Household Emergency Plan. Assemble and maintain your Emergency Survival Items for your home as well as a portable getaway kit.
- Prepare your property for high winds. Secure large heavy objects or remove any item which can become a deadly or damaging missile. Get your roof checked regularly to make sure it is secure. List items that may need to be secured or moved indoors when strong winds are forecast.
- Keep materials at hand for repairing windows, such as tarpaulins, boards and duct tape.
- If you are renovating or building, make sure all work complies with the New Zealand building code which has specific standards to minimise storm damage.
- If farming, know which paddocks are safe to move livestock away from floodwaters, landslides and power lines.

WHEN A WARNING IS ISSUED AND DURING A STORM



How a storm surge affects the land.

- Stay informed on weather updates. Listen to your local radio stations as civil defence authorities will be broadcasting the most appropriate advice for your community and situation.
- Put your household emergency plan into action and check your getaway kit in case you have to leave in a hurry.
- Secure, or move indoors, all items that could get blown about and cause harm in strong winds.
- Close windows, external and internal doors. Pull curtains and drapes over unprotected glass areas to prevent injury from shattered or flying glass.
- If the wind becomes destructive, stay away from doors and windows and shelter further inside the house.
- Water supplies can be affected so it is a good idea to store drinking water in containers and fill bathtubs and sinks with water.
- Don't walk around outside and avoid driving unless absolutely necessary.
- Power cuts are possible in severe weather. Unplug small appliances which may be affected by electrical power surges. If power is lost unplug major appliances to reduce the power surge and possible damage when power is restored.
- Bring pets inside. Move stock to shelter. If you have to evacuate, take your pets with you.





AFTER A STORM

- Listen to your local radio stations as emergency management officials will be broadcasting the most appropriate advice for your community and situation.
- Check for injuries and help others if you can, especially people who require special assistance.
- Look for and report broken utility lines to appropriate authorities.
- Contact your local council if your house or building has been severely damaged.
- If your property or contents are damaged take notes and photographs and contact your insurance company. Inform your landlord if there is damage to the rental property.
- Ask your council for advice on how to clean up debris safely.

LANDSLIDES Warning signs

- Small slips, rock falls and subsidence at the bottom of slopes.
- Sticking doors and window frames.
- Gaps where frames are not fitting properly.
- Outside fixtures such as steps, decks, and verandahs moving or tilting away from the rest of the house.
- New cracks or bulges on the ground, road, footpath, retaining walls and other hard surfaces.
- Tilting trees, retaining walls or fences.

Tornadoes

Tornadoes sometimes occur during thunderstorms in some parts of New Zealand. A tornado is a narrow, violently rotating column of air extending downwards to the ground from the base of a thunderstorm. Warning signs include a long, continuous roar or rumble or a fast approaching cloud of debris which can sometimes be funnel shaped.

- Alert others if you can.
- Take shelter immediately. A basement offers the greatest safety. If underground shelter is not available, move to an interior room without windows on the lowest floor. Get under sturdy furniture and cover yourself with a mattress or blanket.
- If caught outside, get away from trees if you can. Lie down flat in a nearby gully, ditch or low spot and protect your head.
- If in a car, get out immediately and look for a safe place to shelter. Do not try to outrun a tornado or get under the vehicle for shelter.



AHI / FIRE

If a fire starts in a rural environment, it may not be detected as quickly, and emergency services are likely to take longer to respond because of greater travel distances.

Most Te Tai Tokerau vegetation fires start from escaped rubbish fires.

For information on fire danger, fire season status and requirements for fire permits visit www.checkitsalright.nz

BEFORE A FIRE

To protect your rural property from fire, we recommend:

- Installing smoke alarms and testing them regularly.
- Designing an escape plan and practicing it
www.escapeplanner.co.nz
- Having two exit points from every room in your home, and a safe designated meeting place outside.
- Keeping the grass green and mown or grazed around your home.
- Creating a safety zone around your home of at least 10m by clearing any dead or dry material and replacing flammable plants and trees with low flammable species.
- Making sure your property is clearly signposted with your RAPID rural property identification number.



- Installing multipurpose dry powder extinguishers in your house and out buildings.
- Keeping a garden hose connected and make sure it is long enough to reach around the house.
- Ensuring your driveway has a minimum clearance of 4m wide and 4m high and adequate turning space for large vehicles.
- Easy access to water supplies and making sure they are sign-posted.
- Storing firewood and other flammable material away from your house.
- Safe handling and storage of gas or liquid fuels.
- Maintaining machinery and equipment in working order.
- Disposing of ash safely in a metal container and using approved incinerators.

DURING A FIRE

- Crawl low and fast to escape smoke. 'Get Down, Get Low, Get Out.'
- Shut doors behind you to slow the spread of fire.
- Meet at the planned meeting place.
- Once out, stay out - never go back inside.
- phone Fire and Emergency on 111 from a safe phone.

Tell Fire and Emergency:

- House number
- Street name
- Nearest intersection
- Suburb and city
- Rural ID number if you have one





AFTER A FIRE

Nothing can really prepare you for the impact of a fire or other emergency on your family and property. Even a small fire or flood can make you feel helpless and unsure of what to do next. This is entirely understandable. Fire and Emergency NZ regularly sees home owners faced with the same distressing situation. Here's some guidance on the important things you need to do now that the unimaginable has happened.

Do not enter your damaged house unless you have to and have been advised it is safe to do so. Fire and Emergency NZ will check the water, electricity and gas supplies and either arrange to have them disconnected or advise you what action to take.

If you can't enter your home, you'll need to arrange accommodation. You may need to stay with family, friends or in a motel for at least one night, and longer if the house has been seriously damaged.

When your house is safe and you are allowed back:

- Try to find your identification, insurance information, medication information, eye glasses, hearing aid, wallet and valuables.
- If the house is too badly damaged to live in, board up openings to discourage trespassers.
- You may need to arrange security patrols to protect it from burglary.
- Keep receipts for expenses resulting from the fire, such as accommodation or clothes.
- Get supplies of medicine or eye glasses.

Have you considered installing sprinklers?

Home sprinklers will protect your family, home, and contents from the threat of fire - 24 hours a day.

Sprinkler technology has come a long way in a short space of time. The cost of including home sprinklers into a new house or adding them as part of major renovations is probably a lot cheaper than you think.

Home sprinklers use the same domestic plumbing as your kitchen taps and can be installed by a qualified plumber in less than two days.

More importantly though, sprinklers provide the fastest possible means of extinguishing fires in rural homes.

For more information, visit www.fireandemergency.nz

Fire seasons

Open fire season - a fire permit is not required to light a fire in the open air.

Restricted fire season - in this season a fire permit from Fire and Emergency is required before you can light a fire in the open air.

Prohibited fire season - this means a total fire ban is in place. Lighting fires in the open air is not permitted.

For the current fire season and to apply for fire permits, contact Fire and Emergency NZ on 09 486 7948 or visit checkitsalright.co.nz



Plan activation process

These instructions are for members of the Kaeo community response group and emergency services for initiating their pre-planned roles.

DO THIS

- Arrange to meet at the fire station
- Liaise to determine what actions should be taken
- Consider who will be affected and where
- Activate community warning systems i.e. phone tree, emergency vehicle PA's
- Consider the location of a control point / centre
- Consider the establishment of Civil Defence Community Centres
- Notify the emergency operations centre (EOC) of what actions have been taken by phoning the Far North District Council

Civil Defence Community Centres

The location of Civil Defence Community Centres will depend on the type of emergency and the area impacted, and may need to change depending on access and safety during flood events.

Roles and responsibilities

The role and responsibilities of the emergency services is clearly defined by legislation. In the event of this plan being activated due to an emergency event occurring, the roles and responsibilities of community groups are set out as below.

POLICE

Maintain law and order
Protect life and property
Assisting the coroner
Co-coordinating movement control
Search and rescue

FIRE SERVICE

Fire-fighting responsibilities
Containment of releases and spillages of hazardous substances
Urban search and rescue
Limitation of damage
Redistribution of water for specific needs

ST JOHN AMBULANCE

Provision of emergency medical care

CIVIL DEFENCE RESPONSE GROUP

Liaise with civil defence and emergency services to initiate and assist in a response to a civil emergency, disseminate warnings and identify and make arrangements for civil defence community centres if required

COASTGUARD

Coordination of Marine Rescue
Provision of alternative communication if required via VHF and SSB

get thru...



Emergency contact information

Do not call 111 for information and advice. Calling 111 unnecessarily may put others who are in a genuine emergency situation at risk.



Dial 111

(Emergencies Only)

www.police.govt.nz



Dial 111 (Emergencies Only)

www.fireandemergency.nz

www.checkitsalright.nz



St John

Dial 111

(Emergencies Only)

www.stjohn.org.nz



THE CHARITY SAVING LIVES AT SEA

Marine Assistance

*500 from your mobile

VHF Marine 60 - Whangaroa to North Cape

VHF Marine 61 - North Cape to Three Kings

VHF Marine 02 - West Coast to Hokianga

www.coastguard.nz



0800 002 004

www.nrc.govt.nz



www.metservice.com



0800 920 029

www.fndc.govt.nz



**National Emergency
Management Agency**
Te Rākau Whakamarumaru

www.civildefence.govt.nz



www.aaroadwatch.co.nz



0800 867 363

www.topenergy.co.nz



**Department of
Conservation**
Te Papa Atawhai

0800 362 468

www.doc.govt.nz



For further information:

LOCAL COUNCIL

Whangarei District Council

0800 932 463

www.wdc.govt.nz

Far North District Council

0800 920 029

www.fndc.govt.nz

Kaipara District Council

0800 727 059

www.kaipara.govt.nz

Northland Regional Council

0800 002 004

www.nrc.govt.nz

CIVIL DEFENCE SITES

Northland Civil Defence

www.nrc.govt.nz/civildefence

www.facebook.com/civildefencenorthland

Ministry of Civil Defence

www.civildefence.govt.nz

Urban search and rescue

www.usar.govt.nz

Be prepared

www.whatstheplanstan.govt.nz

www.getthru.govt.nz

www.happens.nz

EMERGENCY SERVICES

Rural Fire Enquiries

www.checkitsalright.nz

New Zealand Police

www.police.govt.nz

Fire & Emergency New Zealand

www.fireandemergency.nz

St John Ambulance

www.stjohn.org.nz