

PHILIPPINE EMBASSY ADVISORY
ON
PRACTICAL STEPS AND USEFUL TIPS
ON EARTHQUAKE PREPAREDNESS
(as of 27 August 2013)

In addition to updated advisories on Earthquake preparedness disseminated on 22, 25 and 26 July 2013, the Philippine Embassy has come up with these action oriented practical steps given the frequent occurrence of earthquakes affecting the Greater Wellington Area.

These practical steps and useful tips were consolidated based on information provided by New Zealand's Ministry of Civil Defence and Emergency Management.

The Philippine Embassy has been advised that communities, e.g. Filipinos in the Greater Wellington area, should be resilient in times of natural disasters such as earthquakes. This means that people must ensure that they are capable of surviving on their own for three days (next 72 hours) after a disaster happens. According to the Wellington Region Emergency Management Office (WREMO^{nz}), it may take the Civil Defence and other authorities quite some time before they can come to the aid of communities as they have to immediately attend to severe emergency situations.

I. BEFORE AN EARTHQUAKE

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

1. Find out if your homes, schools or workplaces are in a safe zone or evacuation zone at <http://quakemap.co.nz/>. Click on the words "Tsunami Evacuation Zones" on the top, right-hand side of the screen and input your home, school or workplace address on the area which says "Search for an Address".

For example, the address of the Embassy - 50 Hobson St., Thorndon, Wellington - when typed onto the "Search for an Address" area, provides the information that the address is in a "Yellow Zone" which means that it is a Self Evacuation Zone. The Yellow Zone identifies areas that need to evacuate for the largest possible tsunami and people should evacuate this zone in natural or informal warnings from local sources events such as a large local earthquake.

2. Know your neighbors
 - One of the most effective steps for preparing yourself for an emergency is to know your neighbors. It has been widely recognised around the world that the most immediate help available following a disaster is provided by people already on the spot. That is, your neighbours and community members who happen to be nearby.

3. Know the Wellington Civil Defence Centre (CDC) Locations nearest you
 - If your local community were to be isolated due to a large emergency disaster and communication networks are compromised as a result, you should know where the local CDCs are near your home, workplace and other parts of the city you frequent.
 - Go to <http://www.civildefence.govt.nz/> to locate the regional, district and city councils near you. The Councils are responsible for Civil Defence Emergency Management in times of calamities and disasters.
 - During an emergency the role of a Civil Defence Centre is to gather and provide information on local hazards and community response arrangements as well as provide an evacuation centre, if necessary.
4. Prepare your emergency kits
 - Keep in mind that power outages and communication lines may be compromised during the first 72 hours and response teams will have to deal with cases of extreme emergency. Having a survival kit, a good supply of stored water, non-perishable food and the ability to be self-sufficient for at least three days is a **MUST**.
 - Your survival supplies should include the following:
 - Water
 - Food (canned, dried, non-perishable)
 - Battery operated radio
 - First Aid Kit
 - Lighting (torch or cyalume sticks)
 - Blankets and warm clothing
 - Sturdy Shoes
 - Alternative cooking method (BBQ or gas cooker)
 - Essential medications
 - Face and dust mask
 - Toiletries – towel, soap, toothbrush, sanitary items, toilet paper
 - Large buckets (minimum of two) and large plastic bags (for making an emergency toilet)
 - Include important documents in your kit: identification (birth and marriage certificates, driver's licences and passports), financial documents (e.g. insurance policies and mortgage information), and precious family photos.

EXPECT TO BE WITHOUT HELP FOR THREE DAYS

Non-perishable food: Enough to last for three days. It can include canned meats, fish, fruits, vegetables, cereals, powdered soups, tea, coffee, salt, sugar, UHT or powdered milk, biscuits and sweets. Check food every year.

Eating utensils: Including a can opener, matches, a lighter, knives, forks, spoons, plates, mugs, and bowls.

Waterproof torches with spare batteries.

Hygiene: Soap, wet wipes, towels, toilet paper and plastic rubbish bags to use for an emergency toilet.

Important documents: Birth and marriage certificates, driver's licences, passports, insurance policies, family photos.

Protective gear: Sun hats and sunscreen; face and dust masks.

Many of these items need to be kept dry. They should be kept in waterproof bags or containers.

Go to www.eq-iq.org.nz for more information



- 3

7. Practice **Drop, Cover and Hold**.
8. Identify **safe places** within your home, school or workplace.
9. Ensure you have a battery operated radio. In an emergency, find and tune in to your local radio station as they will broadcast official civil defence information that is appropriate for your community and situation. The following radio networks work collaboratively with civil defence emergency management authorities to broadcast important information and advice in an emergency:
 - National Radio
 - National AM 567
 - National FM 101.3
 - Newstalk ZB
 - FM 89.3
 - Classic Hits
 - FM 90
 - More FM
 - FM 95.3 and 95.7
 - Radio Live
 - FM 98.9
10. For people with children at school, please be reminded of the following:
 - Children in Grades 10 and below will kept in school until they are collected by their parent or designated emergency person in the event of an emergency
 - Children will be allowed to leave only with their parent/caregiver or designated emergency person

II. DURING AN EARTHQUAKE

- **If you are inside a building**, move no more than a few steps, drop, cover and hold. Stay indoors till the shaking stops and you are sure it is safe to exit. In most buildings in New Zealand you are safer if you stay where you are until the shaking stops.
- **If you are in an elevator**, drop, cover and hold. When the shaking stops, try and get out at the nearest floor if you can safely do so.
- **In a high rise area**, move to a doorway to avoid falling glass and debris.
- **Move to a clear area** away from trees, signs, buildings, and overhead cables.
- **If you are driving**, slow down, pull over in a clear area, stop and keep your seatbelt fastened until the shaking stops. Once the shaking stops proceed with caution and avoid bridges or ramps that might have been damaged.
- **If you are outdoors** when the shaking starts, move no more than a few steps away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold.
- **If you are at the beach or near the coast**, drop, cover and hold then move to higher ground immediately in case a tsunami follows the quake.
- **If you are in a mountainous area** or near unstable slopes or cliffs, be alert for falling debris or landslides.

III. AFTER AN EARTHQUAKE

- Listen to your local radio stations as emergency management officials will be broadcasting the most appropriate advice for your community and situation.
- Expect to feel aftershocks.
- Only use the phone for short essential calls to keep the lines clear for emergency calls.
- Check yourself for injuries and get first aid if necessary. Help others if you can.
- Be aware that electricity supply could be cut, and fire alarms and sprinkler systems can go off in buildings during an earthquake even if there is no fire. Check for, and extinguish, small fires.
- If you are in a damaged building, try to get outside and find a safe, open place. Use the stairs, **NOT** the elevators.
- Watch out for fallen power lines or broken gas lines, and stay out of damaged areas.
- If you smell gas or hear a blowing or hissing noise, open a window, get everyone out quickly and turn off the gas if you can. If you see sparks, broken wires or evidence of electrical system damage, turn off the electricity at the main fuse box if it is safe to do so.
- Keep your animals under your direct control as they can become disorientated. Take measures to protect your animals from hazards, and to protect other people from your animals.
- 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.

IV. REMINDERS TO FILIPINO COMMUNITIES

1. All Filipino organizations and their members are requested to inform the leaders of your respective organizations of your situation in the event of an earthquake or natural disaster.
2. The Philippine Embassy will coordinate with the leaders of the organizations in order to check on and monitor the circumstances and situation of the Filipino communities.
3. Leaders of Filipino organizations should expect a text message and call from the Embassy immediately after a natural disaster occurs to check on the communities' situation and welfare. The text of the message is as follows:

“This is name of Embassy personnel of the Philippine Embassy. Please text back how you and your members have been affected by the earthquake. We would highly appreciate your immediate and subsequent updates. Keep Safe and God Protect All of Us!”

4. Should the Philippine Embassy Chancery remain operational after an earthquake or emergency, the following are the contact numbers:

- Tel. Nos.: **(+644) 8903741; (+644) 8903742; (+644) 8903744**
- Fax No. **(+644) 8903740**
- **Mobile Hotline 24/7: (+64) 022 074 6517**
- E-mail: embassy@wellington-pe.co.nz

5. All Filipinos, especially in the Greater Wellington Area, are requested to download these operational steps and keep them handy.
6. The Philippine Embassy reiterates the call of the New Zealand Authorities for communities to be resilient and prepared in the event of earthquakes and natural disasters.