

# RECOVERY

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**Recovering after an emergency can be a long and stressful process, but there are some steps you can take to get back on your feet as quickly and safely as possible.**

## **If your property is damaged**

Please note this advice may differ depending on the type of event and the impact it has had on you and your community. For example, specific advice for a flood event may differ to advice for severe weather or earthquakes. If you have been affected by an emergency, get in touch with your insurer as soon as you can to lodge a claim and understand how they can help.

## **Urgent repairs and recovery**

- Do not do anything that puts your safety at risk or causes more damage to your property.
- Food and water are easily contaminated during emergencies; you need to take extra care to avoid getting sick.
- Always wear protective gear, including gloves and masks, in case you're exposed to hazardous material.
- Do what you need to do to make your home safe and sanitary as possible.
- Take photos and videos of any damaged, perishable, or unsanitary items and note down the details of valuable items before disposal.
- Get essential services repaired and keep copies of invoices.



# HOW CAN YOU HELP YOUR COMMUNITY

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Older people are an important part of volunteer networks often forming the backbone of local community organisations, bringing extensive skills and experience.

If you want to volunteer it is easy to start close to home, think about people who might need your help in an emergency (e.g., disabled people, single parents with young children, people who are new to the area and people who live on their own).

If you are part of local community-based organisations there are often volunteer roles available during emergencies.

## Other ways to help.

- Support your community to develop a Community Resilience Plan alongside Hawke's Bay Civil Defence and volunteering to be a part of your local Community Emergency Hub.
- Join community groups like Red Cross Disaster Welfare and Support Team. Visit [www.redcross.org.nz](http://www.redcross.org.nz) for more information.
- Join Neighbourhood support, to bring neighbourhoods together to create safe, resilient, and connected communities and be prepared for emergencies alongside New Zealand Police and other partners. Visiting <https://www.neighbourhoodsupport.co.nz> for more information

# Key communications for Hawke's Bay

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**If your life or property is at risk  
- Call 111**

## Hawke's Bay Radio Station

In an emergency, the media will provide regular updates. Listen to the radio and follow trusted news sites.

- Newstalk ZB HB 90.3FM or 1278AM
- The Hits 89.5FM (Wairoa 99.7FM)
- The Breeze 97.5FM
- More FM 88.7FM
- Central FM on 106FM or 105.2FM (Dannevirke)
- Wairoa 88FM
- Radio New Zealand News 101.5 FM or 630AM
- Radio Live 106.3FM or 1368AM
- Radio Kahungunu 94.5FM or 765AM

## Hawke's Bay Emergency Management



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[hbemergency.govt.nz](http://hbemergency.govt.nz)



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