



WELLINGTON REGION
EMERGENCY MANAGEMENT

OFFICE

HE MĀMĀ

Me takatū mō tētahi
ohotata

Putanga Ngā Whare Takatū



Ngā hapori tūhonohono, takatū hoki

He maha ngā tūpono pūmate kei te rohe o Te Whanganui-a-Tara, pēnei i ngā rū, ngaru taitoko, waipuke hoki. Kāore e taea e mātau te whakakore i ēnei pūmate, engari ka taea e mātau ētahi tūmahi hei whakaiti i ngā pānga o tētahi āhuatanga ohotata, me te whakarite kei te takatū tātau kia tere ake, kia pai ake te whakaora mai anō.

He ōrite te maha o ngā pānga o tētahi ohotata ki ngā tauwhatinga ka tūtaki koe i roto tōu ao o ia rā – wetonga hiko, kore wai, katinga rori, aha atu aha atu, engari he tino nui ake ēnei, ā, he roa ake.

I roto i tētahi ohotata, ko ngā kamupene hiko, wai, kapuni, ngā ratonga ohotata hoki ka aro ki te whakaora tāngata i te tuatahi me te whakaora i ngā hanganga, ratonga waiwai hoki. Ko ngā whakariterite ka oti i a koe ināianei mō ēnei momo tauwhatinga he mea nui mō te noho haumarua, pai hoki i muri i tētahi ohotata.

Ka noho wehe pea koe me tō hapori mō te toru rā i te iti rawa, neke atu rānei. **Ko te puna āwhina tātata ko tō hapori me ngā tūmahi i oti i a koe kia noho takatū ai mō tētahi āhuatanga.**

Me whakahui e koe ngā tāngata katoa o tō whare ki te mahi haere i tēnei aratohu.

Whakaotihia ngā upane ngāwari 12 hei whakarite kei te takatū tō whare mō tētahi ohotata. **Whakamahia tēnei aratohu hei timatanga kōrero mō ia kaupapa.** Ina oti i a koe ia upane, tuhia ngā kōrero hira ki te whārangi o muri.

Me waiho te aratohu kua oti ki tētahi wāhanga ka taea māmātia, ā, ka whakarite kei te mōhio ngā tāngata o tō whare ki ana kōrero, ā, kei hea e mau ana.

Ko te tikanga he 30–60 meneti te roa ki te mahi i tēnei aratohu.

He aratohu te pukapuka **He Māmā: Ngā Whare Takatū** hei āwhina i a koe kia mārama koe ki ētahi o ngā pūmate matua, me te whakatakātū i a koe me tō whānau mō tētahi ohotata.

E tautokohia ana tēnei e **He Māmā: Ngā Kiritata Takatū** me **He Māmā: Ngā Pakihi Takatū**, hei āwhina i a koe kia tino takatū koe mō tētahi ohotata.

Mā ngā āhuatanga rerekē e tohu i te pānga o ngā pūmate ki a koe, hei tauira, mēnā he noho taratahi koe, kei roto kōrea, he whai tamariki rānei. Me whakaaroaro he pēhea te pānga o tōu āhuatanga ake ki tō takatūtanga. Me whakarite pea e koe mā ētahi atu koe e tautoko i mua, i te wā tonu me muri o tētahi ohotata.



Mō ētahi atu kōrero haere ki
www.getprepared.org.nz



facebook.com/WREMOnz



[@WREMOinfo](https://twitter.com/WREMOinfo)

Ngā pūmate me ngā mōreatanga

UPANE

1

Me mōhio koe ki ō pūmate, mōreatanga



Rū

Ko te nuinga o ngā wharanga i ngā rū ka ahu mai i te takahanga o ngā taputapu, kongakonga rānei, pēnei i ngā taonga whare, ngā mea iri i te pātū, karāhe, me ngā papanga hanganga, kua ko ngā whare e horo ana. Ko te nuinga o ngā whare ka tū tonu i te wā o tētahi rū, e taea ai ngā tāngata te puta pai atu ki waho.

Me whakaharatau te Tāpapa, Hīpokina, Kia Mau

Mēnā kei **roto whare** koe, kua e nui atu ō nekeneke i ētahi hīkoinga poto, kātahi ka Tāpapa, Hīpokina, Kia Mau. Me noho ki roto whare kia mutu rā anō te rū ka mutu he pai ki te haere ki waho.

Mēnā kei **waho** koe, me neke atu i ngā whare, ngā rākau me ngā waea hiko, kātahi ka Tāpapa, Hīpokina, Kia Mau, kia mutu rā anō te rū.

Ko ngā wāhi haumarū:

- I raro i tētahi tēpu, tēpu mahi rānei
- Tētahi wāhi māraakerake i waho

Ko ngā wāhi kāore i te haumarū:

- Tūtata ki ngā matapihi, ngā taonga whare tū noa
- Tūtata ki ngā pakitara o waho o tētahi whare, nā te takahanga o ngā kongakonga

E whakaae ana ngā mātanga ka whakaitia te tūpono wharanga mēnā koe ka:

TĀPAPA ki ō ringa me ō waewae. Ka tiakina koe mai i te hinganga, ā, ka āhei koe ki te nekeneke haere.

HĪPOKINA i raro i tētahi tēpu, tēpu mahi rānei. Mēnā kāore he whakamarutanga tūtata mōu, hīpokina tō mähunga me tō kaki ki ō peke, ringa hoki.

KIA MAU ki tō whakamarutanga (ki tō mähunga me tō kaki rānei) kia mutu rā anō te rū.

Mēnā kei roto kōrea koe, kāore rānei e taea e koe te Tāpapa, Hīpokina, ā, Kia Mau, me whakakaha koe i a koe, me te whakaaroaro mō tētahi tikanga pai hei tiaki i tō mähunga me tō kaki.

I muri i tētahi rū

- Tirotirohia koe mō ngā wharanga ki a koe anō me te āwhina i ētahi atu mēnā ka taea
- Kia tūpato ki ngā waea hiko kua taka, ngā paipa kapuni rānei kua pakaru me te noho wātea i ngā wāhi kua tūkinohia
- Me mahara ki ngā tūkinotanga anō ka puta i ngā rū o muri mai



Ngā pūmate me ngā mōreatanga



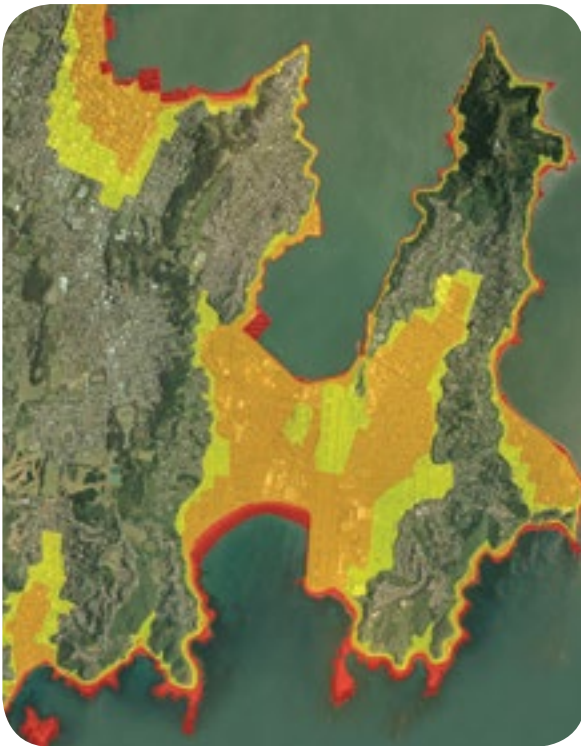
Ngaru taitoko

Ko te ngaru taitoko he ngaru ēnei ka puta i tētahi rū nui kei te moana. Ka pupū ake he ngaru taitoko i te Moana o Raukawa, ki te Tonga o Amerika rā anō te tawhiti.

Ko ngā wāhi takutai o te rohe o Te Whanganui-a-Tara ngā wāhi mōrearea ki te ngaru taitoko mai i tētahi rū tūtata, ā, tērā pea ka tae mai i roto i te tekau meneti. **Mēnā kei roto koe i tētahi rohe ngaru taitoko i te wā o te rū, me wawe te neke ki whenua teitei ake, ki uta rānei.**

Me mōhio koe kei hea te wāhi whakatahi haumaruru, ā, me pēhea te tae atu. Whakaritea tēnei ara ināianei me tō whare, hoa mahi hoki.

Whakaarohia ō wāhi kāinga, mahi hoki ka āta whakaritea. Mēnā e hiahia āwhina anō koe, me whakariterite me ō kiritata i mua.



Te Tāone Nui o Te Whanganui-a-Tara

HE MEA NUI: Ki te pā mai he rū roa, kaha hoki, koinei ake te whakatūpatotanga o tētahi ngaru taitoko. **Me wawe tonu** te whakatahi mai i ngā rohe ngaru taitoko mā raro, pahikara rānei.

Mēnā neke atu i te 10 meneti te haere mā raro ki tētahi whenua teitei tūtata, ā, he whare raima hou kei te pātata mai, me nganga koe ki te rere atu ki te papa tuawhā, teitei rānei. Ko te mea pai rawa i ngā wā katoa ki te whakatahi ki uta, ki whenua teitei ake rānei tēnā ki te rere atu ki roto i ngā whare.

He haora pea kei waenga i ngā taetaenga mai o ngā ngaru taitoko me te aha kāore pea te ngaru taitoko tuatahi i te ngaru nui rawa. Me tatari mō ngā kōrero ōkawa ka mutu kaula rawa e hoki ki ngā rohe ngaru taitoko kia whakatauhia rawahia kei te pai - tērā pea he 24 haora mō tēnei.

Ka puta anō he ngaru taitoko i ngā rū nui i tāwāhi, pēnei i Hire, i Perū rānei. E hia ngā haora e tae mai ai ēnei ngaru taitoko ki Aotearoa. Ko ngā whakatūpatotanga ōkawa me ngā tohutohu ka tukuna ka hāngai ki tōna āhuratanga.



HE ĀWHINA: Whakaritea tō ara whakatahi. Me mōhio koe kei te haere koe ki hea mai i te kāinga me te mahi. Me hikoi ki reira kia mōhio ai koe e hia te roa.

Ngā Rohe Ngaru Taitoko

E noho mōrearea ana ngā wāhi takutai o te rohe o Te Whanganui-a-Tara ki te ngaru taitoko.

Haere ki www.getprepared.org.nz/tsunamizones ki te kimi kōrero anō mēnā kei te noho koe i tētahi rohe e noho mōrearea ana ki te ngaru taitoko. Me hanga mahere koe me pēhea tō whakatahi ki tētahi wāhi haumarū i waho o ngā rohe ngaru taitoko.

Mēnā ka pa mai he rū roa, rū kaha hoki, me whakatahi mai i ngā Rohe Ngaru Taitoko katoa (ngā wāhi tae kei ngā mapi i raro nei). Ka whakatau pea Te Rākau Whakamarumarū ki te whakatahi i ngā rohe Whero, Karaka rānei mō ngā ngaru taitoko mai i tāwāhi.



Kapiti



Te Tāone Nui o Te Awakairangi



Porirua



Eastbourne me ngā Whanga



Riversdale

Ngā pūmate me ngā mōreatanga

Ngā Rārangi Kikorangi Ngaru Taitoko

Kei te whakahaerehia he kaupapa ki te whakatinana i Ngā Rārangi Kikorangi Ngaru Taitoko puta noa i ngā wāhi takutai o te Rohe o Te Whanganui-a-Tara. E tohu ana ngā rārangi i te teitei runga rawa ka taea e tētahi ngaru taitoko mai i tō tātau moana – ko te wāhi uta rawa ka taea e tētahi ngaru taitoko.

Ki te pā mai he rū roa, rū kaha hoki, me whakatahi wawe koe mā raro, mā runga pahikara rānei kia hipa atu i Ngā Rārangi Kikorangi, ā, ka haere tonu. Kua rawa e taraiwa!



© Nick Thompson



Waipuke

He mōrearea, he matawhawhati hoki ngā wai waipuke. Kua rawa e hīkoi, e taraiwa rānei i roto i te waipuke.

Me rapu mōhio atu anō mai i te kaunihera mēnā kei te noho mōrearea koe ki te waipuke, ā, me pēhea te whakaiti i ngā pānga.

Ina tūpono ana he waipuke

- Me whakarongo koe ki tō teihana reo irirangi mō ētahi atu whakamārama
- Haere ki www.getprepared.org.nz mō ngā whakamōhiotanga ōkawa
- Hīkina ake ngā taputapu whare ki te runga rawa e taea ana a koe
- Tirohia ō kiritata
- Me wehe atu i te wāhi mōrearea

Ētahi atu pūmate

Tērā ētahi momo pūmate rerekē e whai pānga pea ki te rohe o Te Whanganui-a-Tara:

- Mate Urutā / Rewarewa
- Marangai
- Horo
- Tauraki
- Kāpura tāone
- Kāpura taiwhenua
- Ngā pupūtanga matū pūmate
- Ngā hinganga hanganga (pēnei i tētahi wetonga hiko nui)



Horo nui i Kelson, Te Awakairangi (2006)

Mō ētahi atu kōrero mō ngā pūmate haere ki www.getprepared.org.nz

Te whakaiti mōreatanga

UPANE
2

Te whakarite i tō whare kia haumaruru ake

I roto i ngā tau, he maha ō tātau whare i pākia ki ngā āhuatanga o te rangi mutunga mai, ā, tae atu hoki ki ngā tapitapitanga pāhekeheke e whai pānga ana pea ki tōna pakaritanga i roto i tētahi rū, tētahi atu āhuatanga ohotata. Anei ētahi take māmā te kite, mahinga hoki/rānei ka taea e koe te mahi kia taikaha ake tō whare. Mēnā kāore e taea e koe tēnei te mahi, tonoa tētahi atu ki te āwhina i a koe.

I raro i te whare.

- Me tiroiro ō kaupapa. He karingaringa anō kei ngā pou?
- Kei te whita ngā utanga ki ngā pou? He papa anō kei te pirau?

Papa ki te tātū

- Whītikiria ngā kōpapa whakawera, ngā pākaiahi tūwehe me ngā taonga whare taumaha, tāroa rānei.
- He pātū anō i tangohia i mua? Ka tūoi pea te kaha o te whare.
- He pakitara kāmaka anō kāore i whakakahahia me whakapakari anō?

Tātū ki te tuanui

- Whītikiria ngā taika wai.
- Tirohia kei te herea ngā tāpatu tuanui, whakakapahia hoki/rānei ki ngā tuanui rino māmā ake.
- Tirohia kei te mau ngā timera pereki, mēnā karekau, me tango.
- Kei te pai ngā heke me ngā tauhōkai i roto i tō tuanui? Ki tō titiro kua tangohia ētahi?

Whakatūpatotanga DIY:

I a koe e mahi tapitapi DIY ana, he āwangawanga rānei ōu mō tō whare, me tiki tohutohu koe mai i tētahi Licensed Building Practitioner (LBP) ngaio – kāmura, kaihoahoa, kaipahoa rānei.

He pēnei te āhua o ō kaupapa?



Mēnā he pātai āu mō te kaha o ngā hanganga o tō whare, me whakapā atu koe ki tētahi kāmura kia haere atu ki te tiroiro. Mō ētahi atu kōrero anō haere ki:

www.wellington.govt.nz

“Earthquake Strengthen your House”

www.eqc.govt.nz

“Easy Ways to Quake Safe Your Home”

Kei reira te Wāhanga Hanga Whare o tō kaunihera ki te tuku mōhiotanga, tohutohu atu anō hoki ki a koe.

Me whakarite mahere mō tētahi ohotata

Te whakapā

Whai muri i tētahi ohotata, ko tētahi o ō māharahara tuatahi ko te whai mōhio mēnā kei te noho pai tō whānau me ō hoa. Me pēhea tā koutou whakamōhio ki a koutou anō kei te pai koutou mā ētahi atu tikanga whakawhitiwhiti rerekē? Ki te kore e tae atu ki te kāinga, ki hea koe tūtaki ai ki tō whānau?

UPANE

3

Whakaritea he hoapā i waho o te rohe

I ngā rū i Waitaha, i tino pokea ngā whatunga waea, kawē hoki. Nō reira, he māmā ake te waea atu mai i waho o te rohe tēnā i roto i te tāone nui ake.

Me whakatū he whakapā ki waho o te rohe hei tikanga whakapā mō tō whare.

HE ĀWHINA: Me patowaea kē, kua e waea, kia iti ake ngā taumahatanga ki te whatunga. Me whakahou e koe tō karere mērareo me tō tūrangā tuihono mō tō āhuatanga.

UPANE

4

Me whakarite he wāhi tūtaki

Otirā, ka hiahia koe ki te hoki ki te kāinga i muri i tētahi ohotata ki te tūtakitaki ki ngā tāngata o tō whare. **Mēnā e noho ana koe i tētahi rohe ngaru taitoko, waipuke rānei, me whakarite he wāhi tūtaki anō mō koutou mēnā kāore koe e tae atu ki te kāinga.**

HE ĀWHINA: I te wā o tētahi ohotata he pai ake mōu te noho tonu ki roto i tō whare mēnā e pai tonu ana mō te noho i roto. Ko te mea pai i tua atu i tēnei ko te noho me tō whānau, hoa rānei. Ka āwhina Te Rākau Whakamarumarū kia whiwhi wāhi noho te hunga kāore e kitea he wāhi noho mō rātau.

UPANE

5

Me whakarite mahere mō ō tamariki

Me kōrero atu koe ki tō kura, kura kōhungahunga rānei o tō tamaiti mō ā rātau mahere ohotata.

Me tika, engari kua e whakamataku, te kōrero ki ō tamariki mō ngā āhuatanga ka tūpono mai, ka mutu mā wai rātau hei tiki atu. Me hoatu kia toru ngā ingoa ki te kura o ētahi tāngata kē e whakaaehia ana ki te tiki atu i a rātau. Me ngana ki te tohu i tētahi e pātata ana ki te kura e taea ai te hiko atu.



Me mōhio ki hea tiki kōrero

Ka whakapau kaha te Rākau Whakamarumaruru ki te whakatūpatō i te iwi whānui i mua, i te wā rānei o tētahi āhuatanga ohotata.

Ki te rongō koe, ki te whiwhi whakatūpatōnga rānei koe (whakapū, tūmatōhi patowaea ohotata, e ngā hoa rānei) me whai koe i ngā tohutohu, me rapu kōrero atu anō rānei. Tukuna whānuitia te karere ki ō hoapā katoa.

Ko te rū roa, rū kaha hoki anake te whakatūpatōtanga ka whiwhi koe o tētahi ngaru taitoko pea. Me wawe te whakatahi mai i ngā rohe ngaru taitoko.

Me kimi ngā whakamōhiotanga me ngā tohutohu tōtika. Mā tēnei ka taea e koe ngā whakaritenga pai i te wā o tētahi ohotata.

Ko ngā puna mōhiotanga:

- Reo irirangi me te pouaka whakaata
- Paetukutuku a WREMO – www.getprepared.org.nz
- Whārangi Pukamata a WREMO – www.facebook.com/WREMOnz
- Whāngai Twitter a WREMO – @WREMOinfo
- Te paetukutuku a tō kaunihera



Me mōhio ki te whakaweto i te wai, hiko, kapuni

Me whakarite kei te mōhio katoa ngā tāngata i roto i tō whare ki te whakaweto i te wai, hiko me te kapuni.

Katia katoahia ēnei ki te whakaaro koe kei te puta, kua tūkinohia rānei ngā waea hiko, ka whakahauhia rānei koe e ngā mana. Mēnā kāore e taea e koe tēnei te mahi, kimihia tētahi atu hei āwhina i a koe. Whakamaua he tohu ki ngā kati kia māmā ake ai te kite.

Me rapu tohutohu ngaio koe i ngā wā katoa i mua i te tukutanga mai anō o te kapuni.

Me whai i a mātau i runga i a Pukamata i mua i tētahi ohotata!

E whakamahia auauhia ana e WREMO a Pukamata ki te whakawhitiwhiti ki te iwi whānui hei whakautu i ā rātau pātai mō te takatūtanga ohotata me te hāpai i ngā huihuinga hapori papai. I te wā o tētahi ohotata, ka pānuitia e mātau ngā kōrero hira rawa hou kia mōhio ai koe. Ehara i te mea me kaiwhakamahi Pukamata koe kia whai wāhi atu ki tēnei whārangi.



facebook.com/WREMOnz

Me whakarite koe he putunga ohotata āu

UPANE 8

Me putu wai ohotata

He toru rita i te iti rawa te wai mā ia tangata ia rā. Kia nui te putunga wai ki tō whare mō te toru rā i te iti rawa.

Me whai wai atu anō koe mō te tunu kai, horoi me ngā mōkai. Ka taea te putu ki ngā pātara kirihou tukuru, ka taea rānei te hoko wai i roto i ngā ipu wai kirihou. Kua rawa e whakamahi pātara miraka, i te mea ka kino te wai i ngā toenga miraka.

Me whakakī ia ipu ki te wai kia puhake rā anō. Me whita te whakamau i ngā taupoki me te putu i te wai ki tētahi wāhi kōtao, pouri hoki.

Me horoi me te whakakī anō i ngā pātara ia 12 marama. Ko te tīmatanga, te mutunga rānei o te Daylight Saving te wā pai.



E wātea ana ngā kete wai ohotata mai i tō kaunihera mō te \$105

UPANE 9

Me whakarite putunga ohotata

Ka taea te rau i ngā ratonga ohotata ki tētahi kete, puta noa rānei i te whare hei whakamahi ia rā. Me whakarite kei te mōhio te katoa kei hea i te wā o tētahi ohotata. Tirohia te rārangi arowhai i te whārangi e whai ake.

Kai

Kia nui ngā kai mō te toru rā i te iti rawa. Mēnā kei te weto te hiko, me kai ngā kai i roto i te pouaka whakamakariri, pouaka tio, pātaka, ā, ka penapena mō te toru ra i te iti rawa. Whakamahia ko ngā kai ka putua i mua i te rā mōnehu ka whakakapi. Me whakarite koe he putunga kai pai āu mō ngā pēpi, kōhungahunga, mōkai hoki.

Wharepaku ohotata

I muri o tētahi rū nui, kua rawa e tukuna te wai o tō wharepaku i te mea kei te pakaru pea te pūnaha parakaingaki.

Ka taea he wharepaku ohotata te hanga mā te whakamahi i ētahi pākete e rua me tētahi tūru wharepaku, mō ētahi atu kōrero tirohia www.getprepared.org.nz/toilets

Rongoā

Ka uaua pea te tiki i ngā rokiroki hauora i te wā o tētahi ohotata. Mēnā kei te kai rongoā tūtohu koe, me whakarite e koe he putunga mō te kotahi marama kei te wātea i ngā wā katoa, ā, tētahi tārua o tō tūtohu hoki/rānei.

NGĀ PUTUNGA OHOTATA

- He wai mō te toru rā, neke atu rānei
- Ngā kai pirau-kore (kēne, maroke rānei)
- Rama me ngā pūhiko
- Wairehi AM/FM whai pūhiko, tākaikai rānei
- Kete whakaora
- Rongoā
- Hinu horoi ringa
- Pepa whēru tou me ngā pākete kirihou nui mō tētahi wharepaku ohotata
- Ngā ārai kanoahi puehu
- Ngā putunga mā ngā pēpi me ngā kōhungahunga
- Putunga mā ngā mōkai
- Ngā karapu mahi
- Moni
- Ngā tārua tuhinga hira

Mō ngā kōrero atu anō mō ētahi atu putunga ohotata e hiahia anō pea koe, whakapā atu ki tō kaunihera, haere rānei ki www.getprepared.org.nz

HE ĀWHINA: Puritia ngā tārua pepa, ā-hiko rānei o ngā tuhinga hira me ngā whakaahua ki runga rākau pūmahara ki wāhi kē, tuihono rānei ki runga kapua.

Me whiwhi ipu e māmā ana ki te kawae haere ina kī ana.



Mēnā e whirinaki ana koe ki ngā tautoko, he taputapu ake rānei, me whakarite koe kei te wātea mai ngā mahere e tika ana.



Mēnā kei te whakamahi koe i tētahi kōrea mihini, me tiki tētahi kōrea ā-ringa hei tuarua.



Mēnā he kurī tāu, me whakarite koe he kete rerenga tāu mā tō kuri e mau ana i ngā kai, rokiroki weronga, whakaaturanga, hānihi hei heri māu. Me mōhio koe ka pōkiki pea ngā kuri i roto i te wā o tētahi ohotata.



Mēnā he āwhina rongo āu, me whai pūhiko tāpiri.



Mēnā kei te uaua tō whakawhitiwhiti, me whai pepa, pene hoki.

UPANE

10

Mahia he kete rerenga

Ko te kete rerenga he peketua paku nei e mau ana i ngā mea e tino hiahiatia ana hei heri māu ki te whakawahi ohore koe i tō kāinga, ka āwhina pea i a koe ki te hīkoi atu koe ki te kāinga mai i te mahi i te wā o tētahi ohotata.

Kei roto i ēnei ko ngā:

- Hū hīkoi
- Wai me ngā paramanawa
- Rongoā nui me ngā tārua o ngā tūtohu
- Tārua o ngā tuhinga hira, whakaahua hoki
- Koti ua māmā me tētahi pōtae
- Rama
- Wairehi
- Kete whakaora paku



UPANE

11

Me mōhio ki ō kiritata

Ko ngā āwhina tere e wātea ana i tētahi ohotata ka tukuna e ngā tāngata e tata ana ki a koe. Ki te mōhio ō kiritata ki a koe, ko te tikanga ka whakaaroaro rātau mōu i te wā o tētahi ohotata. He maha ngā hua kei roto i te tūtaki ki tētahi kei tō tiriti – he hapori haumaruru ake, whakahoahoa, tūhonohono, taikaha hoki.

Me mōhio koe ki te hunga e hono tata ana ki a koe me te whai anō i ā rātau taipitopito whakapā.



Ko wai ngā tāngata i tō tiriti me āwhina?

- Ngā whare whai tamariki pakupaku
- Te hunga ko te reo Ingarihi te reo tuarua
- Te hunga hauā
- Te hunga pakeke
- Te hunga noho taratahi

Mēnā kei te mōhio koe ki ētahi tāngata me whiwhi āwhina i roto i tētahi ohotata, me whakariterite ko koe pea tētahi o ngā kaitautoko, ā, ka tuhi i ā rātau taipitopito whakapā.

Me tūhono ki tō hapori

Mēnā e hiahia āwhina anō koe

Mēnā he hauā koe, tētahi atu rānei e mōhio ana koe, he āhuatanga motuhake rānei e uaua ana ki a koe i roto i tētahi ohotata, me whakarite ināiane ngā tautoko e hiahiatia ana.

- Me whakarite kia toru ngā tāngata i te iti rawa ka haere ki te tiro tiro i a koe i roto i tētahi ohotata, ka whakamōhio hoki i a koe ki ngā whakatūpatonga a te Rākau Whakamarumaruru, me āwhina rānei i a koe kia whakatahia koe. Akene mā te whānau pea tēnei, mā ngā kaitiaki, hoa, kiritata rānei.
- Me kōrero ō hiahia me te whakarite kei te mōhio ki te katoa ki te whakahaere utauta e hiahiatia ana.
- Me whakamōhio atu koe ki ngā kaitautoko mēnā kei te haere koe, kei te wehe rānei i te kāinga.

Mēnā kei te whiwhi āwhina mai i tētahi pokapū manaaki hauora ā-kāinga, kaiwhakarato tautoko ā-kāinga, me pātai koe he pēhea ā rātau tautoko i roto i tētahi ohotata.



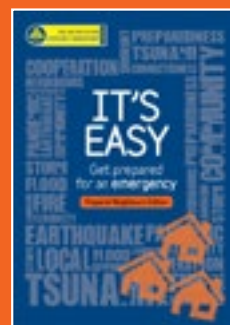
Me whakahaere tētahi huihuinga hapori me ō kiritata

E kaha ngā tautoko a ngā hapori tūhonohono i a rātau anō i mua, i roto tonu, me muri i tētahi ohotata.

He maha ngā mahi ka taea e koe anō te whakarite, te whakauru rānei i a koe kia uru koe ki tō hapori. Me whakaaro koe ki te whakatū i tētahi rorerore mīti, hoko taputapu rānei, te whakauru ki tō Residents Association, te whakahaere ohu mahi hapori, kaupapa mahi moni mō te takiwā, te tīmata rānei i tētahi māra hapori, Rōpū Tautoko Takiwā, Whakataetae Tiriti Kākāriki rānei.

He Māmā: Ngā Kiritata Takatū

Ina oti i a koe koe te whakarite i tō whare, me whakawhanake koutou ko ō kiritata ētahi mahere ohotata taketake mō tō tiriti. Ka āwhina tā mātau **Aratohu Kiritata Takatū** i a koe ki te tūhonohono ki ngā tāngata e noho tata ana ki a koe me te whakarato poutarāwaho ngāwari te whakamahi mō te whakamahere i tētahi urupare ohotata hapori ki tō tiriti. Tikina ake tētahi tārua i www.getprepared.org.nz/neighbours, imēra/waea mai rānei kia tukuna atu he mōki mō tō tiriti.



Me tūhono ki tō hapori

UPANE

12

Kimihia ō Pokapū Rākau Whakamarumarū tūtata

E mōhiotia ana ko te Pokapū Rākau Whakamarumarū tētahi wāhi huihuinga mō te hapori i muri i tētahi ohotata tino nui.

Ko te Pokapū Rākau Whakamarumarū he wāhi hei whakahaere i te urupare ohotata hapori. Mā te iwi whānui ake e huaki, e whakahaere. **Kei a koe anō te tikanga mēnā ka whai kiko tēnei!** Kei roto i ngā Pokapū Whakamarumarū tētahi kete tīmata pēnei i tētahi wairehi AM/FM, ngā mapi, me tētahi whitiwhiti irirangi Rākau Whakamarumarū e taea te whakawhitiwhiti me te Pokapū Whakahaere Ohotata a tō kaunihera.

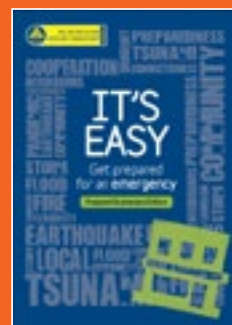
Tirohia tā mātau paetukutuku, whakapā mai mō te wāhi Pokapū Rākau Whakamarumarū tūtata ki tō kāinga me tō wāhi mahi.

Ina tiroirohia e koe tō whare me ō kiritata, ka hiahia pea koe ki te haere ki tētahi Pokapū Rākau Whakamarumarū:

- Mēnā kei te hiahia āwhina koe
- Mēnā kei te hiahia koe ki te āwhina i tētahi atu mā te tuari rauemi, pūkenga hoki
- Te kohikohi me te tuari mōhiotanga mō ngā mea i pā ki tō takiwā
- Te whakariterite i te urupare a tō hapori me te tukutuku mōhiotanga ki te Pokapū Rākau Whakamarumarū a tō kaunihera

He Māmā: Ngā Pakihi Takatū

He mea tino nui te Whakamahere Pakihi Ukiuki hei whakarite ka ora wawe mai anō tō pakihi i muri tonu mai i tētahi tauwhatinga nui, iti rānei. E taea ana tā mātau aratohu **He Māmā: Ngā Pakihi Takatū** mō ngā pakihi toritori paku me ngā whakahaere hapori te mahi i roto i te 90 meneti. Ka ārahitia koe ki te nuinga o ngā upane nui kia takatū ai tō whakahaere me te whakaputa i tētahi mahere koreutu ka taea e koe te tā me te tiaki ki te kapua, ki tō waea rānei, hei tāpiritanga īmēra rānei. Tirohia i www.getprepared.org.nz/businesses



Me whakauru atu

Me uru koe hei Kaitūao CD

Me whai whakangungu koe hei āwhina kia takatū tō hapori, me te urupare, ki te whakaora mai anō i tētahi ohotata. Mā te whakaoti i tētahi whakangungu Kaitūao CD, ka ako koe ki te:

- Āwhina i tō hapori kia mōhio ake rātau, kia takatū, kia tūhonohono
- Āwhina i tō hapori i mua, i te wā tonu o tētahi ohotata, me muri hoki.

Ka ahu mai ngā Kaitūao CD mai i ngā momo āhuatanga rerekē. Ko ngā mema hapori pai ngā Kaitūao CD pai rawa! Mō ētahi atu kōrero mō ngā whakangungutanga haere ki www.getprepared.org.nz/CDEM-volunteer



Ngā Kaitūao CD e whakatairanga ana i te takatūtanga i te Island Bay Festival



Ngā Kaitūao CD e āwhina ana i ngā kaiwhakatahi o Ōtautahi i muri i te Rū o Huitanguru 2011

Kei te hiahia mātau ki te āwhina i a koe ki te waihanga i tētahi hapori taikaha!

Mēnā he whakaaro ou mō tō hapori, kei te hiahia rānei koe i ētahi atu kōrero, kua rawa e tōmuri te whakapā mai! Kei te hiahia mātau ki te kōrero ki a koe.

Ka taea e tō mātau Rōpū Hapori Taikaha ngā mahinga takatū rerekē whānui pēnei i te āwhina i a koe me tō whakangungu Kaitūao CD, ngā mahere urupare hapori, te whakatū i tētahi Rōpū Tautoko Hapori, me te whakatinana pea i ētahi o ō whakaaro mō tō hapori.

Whakapā mai ki: WREMO.Resilience@gw.govt.nz

Kei te hiahia mātau ki te kōrero ki a koe!

Mō ētahi atu kōrero:



haere ki www.getprepared.org.nz

Pato hiahia i a mātau i www.facebook.com/WREMONz – mō ngā mōhiotanga tika i mua, i te wā tonu, me muri hoki o tētahi ohotata

Mēnā he pātai āu, me tuku pātai mai ki tā mātau whārangi Pukamata, imēra ki wremo@gw.govt.nz, waea rānei ki 04 460 0650

RĀRANGI AROWHAI OHOTATA O TE WHARE

UPANE 1 Me mōhio ki ō mōreatanga

Kei te mōhio mātau he aha ngā pūmate ka pā mai pea ki a mātau

Kua whakamaheretia, kua whakamātauhia hoki e mātau tō mātau ara whakatahi mō te kāinga me te mahi

UPANE 2 Whakaitihia ō mōreatanga

Kua tirohia e mātau tō mātau whare mō ngā mōreatanga ka tūpono mai, ā, kua whakaritea ērā i kitea e mātau

UPANE 3 Whakapā i waho o te rohe

I roto i tētahi ohotata, me whakapā katoa atu ngā tāngata o te whare ki a:

_____ waea _____

_____ waea _____

UPANE 4 Te tūtakitaki

Ki te kore tātau e tae atu ki te kāinga, te whakapā rānei ki a tātau anō, ka tūtaki tātau ki:

UPANE 5 Ngā tamariki

Kua kōrero mātau ki tō mātau kura mō ā rātau mahere ohotata

Kua tukuna atu ngā ingoa o ngā tāngata e toru kua whakaaehia hei kohi i ā mātau tamariki

UPANE 6 Whakatūpato me ngā whakamōhiotanga

Kei te mōhio mātau ki hea tiki kōrero tōtika i te wā o tētahi ohotata

UPANE 7 Te wai, hiko me te kapuni

Kei te mōhio katoa mātau me pēhea te kati i ēnei ratonga

UPANE 8 Te putu wai

Kua putua e mātau he 9 rita wai i te iti rawa mō ia tangata i roto i tō mātau whare

UPANE 9 Ngā putunga ohotata

He putunga ohotata ā mātau mō ngā rā e toru i te iti rawa

UPANE 10 Ngā kete rere

Kua whakaritea e mātau he kete rere, kei te rokirokitia tēnei _____

UPANE 11 Me mōhio ki ō kiritata

Kei a mātau ngā taipitopito whakapā o ō mātau kiritata tūtata

He tāngata kei te hiahia āwhina anō i:

UPANE 12 Ngā Pokapū Rākau Whakamarumarū:

Ko Te Pokapū Rākau Whakamarumarū tūtata ko:
