Staying safe during a power outage

We understand that power outages can be challenging, here are some tips on how to stay safe, during and after. Remember, you are not alone, there are many people to help you or provide advice.



Food/water

Food safety

- Always wash and dry your hands before preparing or eating food - if water is in short supply, keep some in a bowl with disinfectant.
- When in doubt, throw it out! If you think any food is not safe, throw it out. Do not eat food that you
- Do not use food in cans if they have been punctured.
- Do not eat shellfish from the river or harbour after a flood.
- Defrosted food should not be re-frozen once the power comes back on.

Water

If you are not sure about your water bottled water is the best option for drinking and food preparation, if you don't have access to bottled water, make sure to:

- Boil water before drinking it or using it in food preparation. This helps to avoid spreading viruses and bacteria between food. Once boiled, store covered in a clean container. Re-boil the water if it is not used within 24 hours.
- If you do not have a way to boil water, then purifying tablets or bleach can be added to ensure its safety. Add half a teaspoon household bleach per 10 litres of water, mix and leave for 30 minutes. Do not use bleaches that contain added scent or perfume, surfactants, or other additives – they can make people sick.



Heating, lighting, and cooking

If you need to heat your home and/or use candles, make sure you do so safely:

- Only use fireplaces that have been safety checked.
- NEVER use outdoor gas heaters inside.
- NEVER use your barbeque for heating.
- If you're using a portable gas cooker, place it on a stable, heat resistant surface and make sure you are in a well-ventilated room.
- Keep candles and cookers away from anything that could catch fire like curtains, furniture or clothing and put them out before you leave a room and before you go to bed.

Community facilities and support

Community facilities can be a great place to seek support, shelter and other services during a power outage. Facilities may include hot showers, power for phone charging, internet access and a warm place to sit. Local community centres such as sports club, marae, halls, libraries and other facilities may be used.

To find the location of open community facilities offering support in your area contact your local district council.

- **Whangārei: 09 430 4200** or www.wdc.govt.nz/Home
- **Far North: 0800 920 029** or www.fndc.govt.nz
- **Kaipara: 09 439 1111** or www.kaipara.govt.nz

Staying informed

- Listen to the radio for up-to-date news and advice. If you don't have a battery powered radio, you could use your car radio. Here is a list of some local stations you can tune into for updates:
- **More FM -** 91.6 FM Whangārei & Kaitaia | 107.3 FM Kerikeri | 95.2 Paihia/Russell | 94.4 Tutukaka
- **The Hits -** 89.2 FM Whangārei, Far and Mid-North | 106.1 FM Russell
- **RNZ -** 104.4 FM or 837AM Whangārei |101.1 FM Kaitaia | 981 AM & 101.5 FM Kaikohe | 101.2 FM Lower Northland
- **Newstalk ZB -** 1026 AM - 1215 AM | 105.1 FM Northland
- **Ngati Hine FM** (99.1 FM & 99.6 FM Northland)
- **Radio Tautoko** - 97.5 FM Mid-North | 99.5 FM Far North | 105.3 FM Russell

Healthcare and wellbeing

Healthcare

- If you or your whānau are unwell and it is not an emergency, contact your GP, healthcare provider, or your local accident and medical centre.
- For general health advice and information, call Healthline on 0800 611 116.

Lifeline

Need to talk? Free call or free text any time for support from a trained counsellor:

Free phone 0800 543 354 or text: 4357

Call 111 if you or someone you know is in life threatening danger, seriously unwell or need emergency care

For more information, visit: www.nrc.govt.nz/civildefence