

Priority Order for Obtaining Supplies

Use the lowest-exposure method first. Do not spend risk to gain convenience.

LOWER
EXPOSURE

1 USE WHAT YOU ALREADY HAVE

Check home stock first.

HOME STOCK
CHECKLIST

- ☒ Food
- ☒ Water
- ☒ Medicine
- ☒ Hygiene
- ☒ Fuel
- ☒ Other



2 OFFICIAL OR HUMANITARIAN SUPPORT

Aid points, delivery, or approved pickup.

AID POINT
HERE



3 REGULAR SHOPS / PHARMACIES

Use nearby formal suppliers if conditions are acceptable.

PHARMACY

SUPERMARKET



4 COMMUNITY COLLECTION

Combine needs and reduce repeat trips.

NEIGHBOURHOOD
COLLECTION

- ☒ Combine needs
- ☒ Plan together
- ☒ One trip
- ☒ Less risk



5 INDIVIDUAL HIGH-RISK OUTINGS

Last option only.
Highest exposure.



HIGHER
EXPOSURE

COMMON SENSE

DO THIS

- ▶ Combine needs into one trip.
- ▶ Watch official distribution times and locations.
- ▶ Choose the lowest-risk supply source first.

AVOID THIS

- ▶ Do not go out repeatedly for non-essential items.
- ▶ Do not choose the most dangerous option just because it is faster.
- ▶ Do not expose the whole family for small gains.

LESS EXPOSURE = BETTER SUPPLY DISCIPLINE



NZWAR
NEW ZEALAND WIDE
ASSISTANCE & RECOVERY

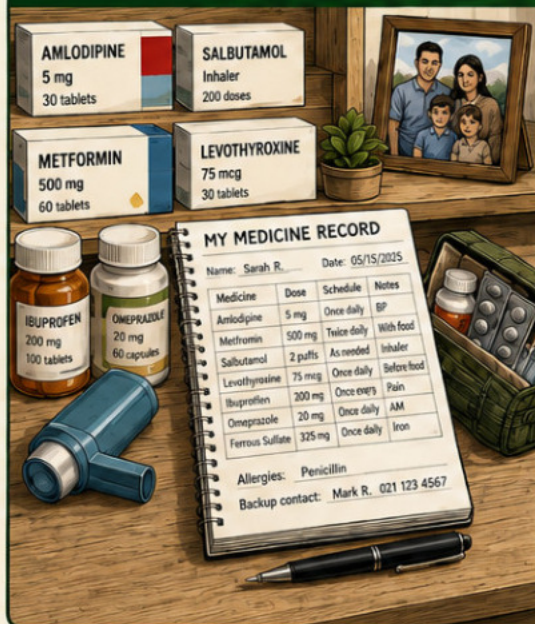
One less trip is one less exposure.

Medicines: Prepare Early and Resupply Safely

PRINT CARD

Write it down before stress begins. Refill through trusted medical or humanitarian channels.

PREPARE EARLY



CHECKLIST

- ☒ Medicine name
- ☒ Dose
- ☒ Schedule
- ☒ Allergies
- ☒ Prescription
- ☒ Backup contact

Do not rely on memory alone.

RESUPPLY IN A WAR ZONE



CLINIC / DOCTOR

Visit a qualified health professional. Get assessed.



PHARMACY

Use registered pharmacies. Get correct medicine.



HUMANITARIAN MEDICAL SUPPORT

Access reliable aid groups and medical teams.



DO THIS

- ▶ Record exact names and doses.
- ▶ Keep original packaging if possible.
- ▶ Use trusted formal channels first.



AVOID THIS

- ▶ Do not swap unknown pills.
- ▶ Do not use unlabeled or expired medicine.
- ▶ Do not hoard more than your family needs.

COUNT IT. PLAN MEALS.



Use what will spoil first.

WATER FIRST. RATION.



Ration and protect it.

ASSESS THE AREA. HIGH RISK = STAY IN.



Assess the area. High risk = stay in.

PLAN TOGETHER. ONE TRIP, MANY NEEDS.



Plan together. One trip, many needs.



A MEDICINE SHOULD HAVE A NAME, A DOSE, AND A SOURCE.

When medicine matters, clear records save time and risk.



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WHEN FOOD IS NOT WORTH THE RISK OF GOING OUT

IMPORTANT

If basic food and water are still enough, do not spend danger for preference or convenience.



**SAFER CHOICE:
STAY SHELTERED**



WHAT YOU HAVE
= SAFETY

**RISKY CHOICE:
GO OUT**



**DO WE HAVE
ENOUGH BASICS
TO WAIT?**

YES ✓

NO ✗



**CHECK
FOOD STOCK**



Count it. Plan meals.
Use what will spoil first.



**CHECK
WATER STOCK**



Water first.
Ration and protect it.



**CHECK
OUTSIDE RISK**



Assess the area.
High risk = stay in.



**COMBINE NEEDS
IF TRAVEL IS NECESSARY**



Plan together.
One trip, many needs.

WHAT YOU RISK
= DANGER



DO THIS

- ▶ Count what you already have first.
- ▶ Stretch basics before taking a risk.
- ▶ Combine needs with neighbors if a trip is necessary.



AVOID THIS

- ▶ Do not go out daily for better food.
- ▶ Do not panic-buy in dangerous periods.
- ▶ Do not trade safety for convenience.



**BASIC FOOD NOW
IS WORTH MORE THAN
VARIETY AT HIGH RISK.**



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First count what you have. Then decide if the trip is worth the risk.

COMMUNITY COLLECTION AND DISTRIBUTION

COMMON SENSE

Organize collection to reduce repeated trips and avoid exposed crowding.



BETTER: ORGANIZED PICKUP



TIME SLOTS

Stagger pickups to spread demand.



CENTRAL LIST

One place to record needs.



CLEAR WALKWAYS

Keep routes open and easy to follow.



SMALL GROUPS

Limit the number of people at once.



WORSE: EXPOSED MASS QUEUE



CROWDING

Large queues increase exposure risk.



PUBLIC POSTS

Sharing locations brings more people.



BLOCKED ACCESS

People or bags can block exits and help.



DO THIS

- ▶ Register needs in one place.
- ▶ Use staggered collection times.
- ▶ Keep doors, exits, and routes clear.



**ORGANIZED COLLECTION
SHOULD REDUCE EXPOSURE,
NOT CONCENTRATE IT.**



AVOID
THIS

- ▶ Do not form a large exposed queue.
- ▶ Do not post live crowd locations publicly.
- ▶ Do not block entrances with people or bags.

FEWER TRIPS HELP ONLY IF THE PICKUP ITSELF STAYS LOW-RISK.



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ASSISTANCE & RECOVERY

Cash, Paper Records, and Network Outages

PRINT CARD

When the network stops, paper and a little cash still work.



CASH

Carry a small amount in mixed notes.



CONTACTS

Keep key phone numbers on paper.



ADDRESSES

Write meeting points and safe destinations.



MEDICINE LIST

Record names, doses, and allergies.



DO THIS

- ▶ Keep paper backups updated.
- ▶ Split small cash into separate places.
- ▶ Store critical records where you can reach them quickly.



AVOID THIS

- ▶ Do not rely only on your phone.
- ▶ Do not carry large visible cash.
- ▶ Do not keep every backup in one bag.



**PAPER KEEPS WORKING
AFTER BATTERY, SIGNAL,
OR PAYMENT SYSTEMS FAIL.**

When the network goes down, paper still works.



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