

# Tornado Safety Measures

## ***Advance Preparations:***

Prepare disaster supplies, and store for portability in a backpack or dufflebag. Include:

- flashlight, extra batteries
- portable battery-operated radio, with weather band
- first aid kit
- emergency food and water
- non-electric can opener
- essential medicines
- cash and credit cards
- sturdy shoes

Develop an emergency communication and re-uniting plan for family members. Long distance phone service usually remains intact even though local service is nonexistent. Arrange for everyone to check in with an out-of-state contact.

Learn basic first aid and CPR; know how to turn off gas, electric, and water supplies.

## ***When inside a building:***

Go immediately to the lowest level of the building.

If there is no basement or cellar, go to an inner hallway, bathroom, or closet without windows. Avoid rooms with wide-span roofs, such as auditoriums, cafeterias, large hallways, enclosed malls. Smaller rooms afford greater protection from their walls than do large rooms.

Get away from windows. Do not take the time to open them. Open windows do not measurably help to equalize pressure, but do allow damaging winds to enter the building and push the roof upward and the walls outward.

Stay in the center of the room; corners are where debris collects.

Get under sturdy furniture, such as a table or workbench and hold on to it. If in a bathroom, lie down in the tub and hold a mattress over you for protection from flying debris.

Abandon a mobile home for more secure shelter.

## ***When in a vehicle:***

Never try to outdrive a tornado. Tornadoes often change direction quickly and can toss cars and trucks through the air.

Abandon the car immediately and take shelter in a nearby building.

## ***When outdoors***

Get inside a building if at all possible.

If shelter is not available, or there is not enough time, lie in a ditch or low-lying area, or crouch near a strong building. Be aware of the potential for flooding.

## ***Always***

Use arms to protect your head and neck.