

Remember, Resolve, and Realize

Tornados can happen at any time

Before the Storm:

- Create a **personal support network**. Identify family, friends, or neighbors who can help provide assistance.
- **Develop a family emergency plan**. Your plan should include post-emergency instructions on where you and your family / personal support network will meet, a list of the support equipment you need, medication names and dosages, and emergency contact numbers.
- Carry emergency health information and contacts on your person. After a disaster, cellular phones may be damaged, batteries may be dead or service may be limited.
- Keep a whistle, bell, or flashlight at hand. This might be helpful to signal your location to other people if you are trapped.
- **Stock additional emergency supplies** such as blankets, batteries, medications, cash, water, non-perishable foods, and a weather radio in your home.
- Remove dead or rotting trees and branches. These can fall on homes, cars, or over walkways or cause injury.
- Secure outdoor objects. These can blow away, cause damage to others property or harm to others.
- Shutter windows. If shutters are not available, close window blinds, shades or curtains; this will help keep debris out if the window breaks.

Before the Storm, older adults, the very young, and individuals with disabilities or others with access and functional needs should:

- Keep extra medical supplies, special dietary foods, service animal supplies, and alternative equipment in your emergency kit.
- If you use a **power wheelchair or a scooter**, keep an extra battery charged as a backup in case the power goes out. Alternatively, store a lightweight manual wheelchair for backup.
- If you have **mobility limitations** and live in a high-rise building, consider keeping an escape chair in your emergency kit.
- Include important information in your emergency kit, such as a list of the type and serial numbers of the **medical devices** you use.
- If you have a speech or language impairment, consider including an alternative means of communication such as a writing tablet, dry erase board, or markers in your kit.
- People who are deaf or hard of hearing should consider including a small portable battery-operated television in your kit to receive warnings in American Sign Language (ASL) or captions.

During the Storm:

After a tornado or thunderstorm warning is issued for your area, SEEK SHELTER. It could be the most important decision you will ever make.

If you are in a home or building, move to your pre-designated shelter on the lowest level, such as a basement.

If an underground shelter is not available:

- Move to an interior room or hallway on the lowest floor of the building away from windows.
- Get under a sturdy piece of furniture.

If you are outdoors, seek a sturdy shelter indoors as soon as possible. If you cannot quickly walk to a shelter:

- Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- If flying debris hits your vehicle while you are driving, pull over and park.

If you have to remain outside during a storm:

- Stay in the car with the seat belt on. Put your head down below the windows, covering your head with your hands and a blanket if possible.