

TORNADOS

The following information on preparing for and responding to tornadoes is taken from the [FEMA](http://www.fema.gov) web site at www.fema.gov/hazard/tornado/index.shtm. *Although these tips relate to tornadoes, they are also appropriate for most other emergency preparedness plans.*

What to do Before a Tornado

Be alert to changing weather conditions.

- Listen to [NOAA Weather Radio](http://www.noaa.gov) or to commercial radio or television newscasts for the latest information.
- Look for approaching storms
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train.

If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

Familiarize yourself with these terms to help identify a tornado hazard:

How Much Water do I Need?

You should have at least a three-day supply of water and you should store at least one gallon of water per person per day

for more information link to: <http://www.fema.gov/plan/prepare/water.shtm>

How Much Food do I Need Store?

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water.

for more information link to: <http://www.fema.gov/plan/prepare/food.shtm>

First Aid Kit

Assemble a first aid kit for your home and one for each car.

for more information link to: <http://www.fema.gov/plan/prepare/firstaid.shtm>

Clothing and Bedding

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat.

for more information link to: <http://www.fema.gov/plan/prepare/clothing.shtm>

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.
for more information link to: <http://www.fema.gov/plan/prepare/specialkit.shtm>

A Tornado Watch

Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio, or television for information.

A Tornado Warning

A tornado has been sighted or indicated by weather radar. Take shelter immediately.

Have disaster supplies on hand:

- [Mess kits](#), or paper cups, plates and plastic utensils
- [Portable, battery-operated radio](#) or television and extra [batteries](#)
- [Flashlight](#) and extra [batteries](#)
- Non-electric [can opener](#), [utility knife](#)
- [Tube tent](#)
- [Pliers](#)
- [Compass](#)
- [Tape](#)
- [Matches](#) in a [waterproof container](#)
- [Plastic storage containers](#)
- [Needles, thread](#)
- [Shut-off wrench](#), to turn off household gas and water
- [Whistle](#)

for a more extensive list of supplies go to: <http://www.fema.gov/plan/prepare/tools.shtm>

What to Do During a Tornado

If you are under a tornado WARNING, seek shelter immediately!

If you are in a structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building):

Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.

If you are in a vehicle, trailer, or mobile home: Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.

If you are outside with no shelter: Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding. Do not get under an overpass or bridge. You are safer in a low, flat location. Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter. Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

Recovering from a Disaster

Recovering from a disaster is usually a gradual process. Safety is a primary issue, as are mental and physical well-being. If assistance is available, knowing how to access it makes the process faster and less stressful. This section offers some general advice on steps to take after disaster strikes in order to begin getting your home, your community, and your life back to normal.

For additional tips on Disaster Recovery, link to <http://www.fema.gov/rebuild/recover/after.shtm>



Courtesy of Sudbury CERT
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