**SEVERE WEATHER AND NATURAL DISASTERS**

***Tornado:***

• When a warning is issued by sirens or other means, seek inside shelter.

Consider the following:

- Small interior rooms on the lowest floor and without windows,

- Hallways on the lowest floor away from doors and windows, and

- Rooms constructed with reinforced concrete, brick, or block with no windows.

• Stay away from outside walls and windows.

• Use arms to protect head and neck.

• Remain sheltered until the tornado threat is announced to be over.

***Earthquake:***

• Stay calm and await instructions from the Emergency Coordinator or the designated official.

• Keep away from overhead fixtures, windows, filing cabinets, and electrical power.

• Assist people with disabilities in finding a safe place.

• Evacuate as instructed by the Emergency Coordinator and/or the designated official.

***Flood:***

*If indoors*:

• Be ready to evacuate as directed by the Emergency Coordinator and/or the designated official.

• Follow the recommended primary or secondary evacuation routes.

*If outdoors*:

• Climb to high ground and stay there.

• Avoid walking or driving through flood water.

• If car stalls, abandon it immediately and climb to a higher ground.

***Hurricane****:*

• The nature of a hurricane provides for more warning than other natural and weather disasters. A hurricane watch issued when a hurricane becomes a threat to a coastal area. A hurricane warning is issued when hurricane winds of 74 mph or higher, or a combination of dangerously high water and rough seas, are expected in the area within 24 hours.

*Once a hurricane watch has been issued:*

• Stay calm and await instructions from the Emergency Coordinator or the designated official.

• Moor any boats securely, or move to a safe place if time allows.

• Continue to monitor local TV and radio stations for instructions.

• Move early out of low-lying areas or from the coast, at the request of officials.

• If you are on high ground, away from the coast and plan to stay, secure the building, moving all loose items indoors and boarding up windows and openings*.*

• Collect drinking water in appropriate containers.

*Once a hurricane warning has been issued:*

• Be ready to evacuate as directed by the Emergency Coordinator and/or the designated official.

• Leave areas that might be affected by storm tide or stream flooding.

*During a hurricane:*

• Remain indoors and consider the following:

- Small interior rooms on the lowest floor and without windows,

- Hallways on the lowest floor away from doors and windows, and

- Rooms constructed with reinforced concrete, brick, or block with no windows.

***Blizzard:***

*If indoors*:

• Stay calm and await instructions from the Emergency Coordinator or the designated official.

• Stay indoors!

• If there is no heat:

- Close off unneeded rooms or areas.

- Stuff towels or rags in cracks under doors.

- Cover windows at night.

• Eat and drink. Food provides the body with energy and heat. Fluids prevent dehydration.

• Wear layers of loose-fitting, light-weight, warm clothing, if available.

*If outdoors*:

• Find a dry shelter. Cover all exposed parts of the body.

• If shelter is not available:

- Prepare a lean-to, wind break, or snow cave for protection from the wind.

- Build a fire for heat and to attract attention. Place rocks around the fire to absorb and reflect heat.

- Do not eat snow. It will lower your body temperature. Melt it first.

*If stranded in a car or truck*:

• Stay in the vehicle!

• Run the motor about ten minutes each hour. Open the windows a little for fresh air to avoid carbon monoxide poisoning. Make sure the exhaust pipe is not blocked.

• Make yourself visible to rescuers.

- Turn on the dome light at night when running the engine.

- Tie a colored cloth to your antenna or door.

- Raise the hood after the snow stops falling.

• Exercise to keep blood circulating and to keep warm.