

What should I include in my personal preparedness kit?

Stock supplies for at least 3 days.

- Water (1 gal. per person per day)
- Non perishable foods
- Can opener and utensils
- First aid supplies
- Radio (battery operated)
- Flashlight
- Whistle
- Pet supplies
- Candles & matches
- Medications and medical supplies
- Emergency contact information (address & phone number)
- Extra clothing
- Blanket per person
- Extra eyeglasses or contacts
- Denture Sanitizer
- Oxygen
- Copies of prescriptions
- Lightweight manual wheelchair, walker
- Extra batteries for wheelchair, hearing aids, radio, flashlights etc.
- Cash
- Copy of all important documents

Plan. Prepare. Get Involved.

For more information
contact **Region 44
Emergency Management:**

Phone:
(308) 536-4443

Email:
Region44em@hamilton.net

Remember

The safest place to be is an underground shelter, basement or safe room. If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is the safest alternative.

Listen to local news or NOAA Weather Radio for emergency updates. Watch for signs of a storm, like darkening skies, lightning flashes or increasing wind.

Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation and dead animals

Tornado Safety Information

*Your actions should be driven by
your specific circumstances.*



Serving Boone, Merrick, & Nance Counties

What To Do During a Tornado

In our area we sound the sirens when tornado warnings are issued or a funnel cloud is sighted. Sometimes there are no warnings though. The best bet is to be aware of the weather conditions and be prepared to seek shelter.

A Tornado Watch is issued when conditions are favorable for them to develop. Be prepared to take action.

A Tornado Warning is issued when radar indicates a tornado, or a funnel cloud has been sighted. **Seek shelter immediately.**

In A House With A Basement

Avoid windows. Get in the basement and under some kind of sturdy protection (heavy table or work bench), or cover yourself with a mattress or sleeping bag. Know where very heavy objects rest on the floor above (pianos, refrigerators, waterbeds, etc.) and do not go under them. They may fall down through a weakened floor and crush you.

In A House With No Basement

Avoid windows. Go to the lowest floor, small center room (like a bathroom or closet), under a stairwell, or in an interior hallway with no windows. Crouch as low as possible to the floor, facing down; and cover your head with your hands. A bath tub may offer a shell of partial protection. Even in an interior room, you should cover yourself with some sort of thick padding (mattress, blankets, etc.), to protect against falling debris in case the roof and ceiling fail.

In an Apartment, Dorm or Condo

If you live in an apartment that is on an upper floor, get to the lowest level of the building that you can immediately. This could be an underground parking garage or a neighbor's first floor apartment. Then move to the most interior area possible, away from windows.

If you live in a high-rise apartment building, you may not have enough time to get to a lower level, so picking a place in the hallway in the center of your building is the best idea such as a stairwell. If that is not available then a closet, bathroom or interior hall without windows is the safest spot in your apartment during a tornado. Power loss during a tornado storm is common, so avoid elevators and keep a flashlight handy.

In An Office Building, Hospital or Store

Follow instructions from facility managers. Go directly to an enclosed, windowless area in the center of the building -- away from glass and on the lowest floor possible. Then, crouch down and cover your head. Interior stairwells are usually good places to take shelter, and if not crowded, allow you to get to a lower level quickly. Stay off the elevators; you could be trapped in them if the power is lost.

In A Mobile Home

Get out! Even if your home is tied down, you are probably safer outside, even if the only alternative is to seek shelter out in the open. Most tornadoes can destroy even tied-down mobile homes; and it is best not to play the low odds that yours will make it. If your community has a tornado shelter, go there fast. If there is a sturdy permanent building within easy running distance, seek shelter there. Otherwise, lie flat on low ground away from your home, protecting your head. If possible, use open ground away from trees and cars, which can be blown onto you.

At A School

Follow the drill! Go to the interior hall or room in an orderly way as you are told. Crouch low, head down, and protect the back of your head with your arms. Stay away from windows and large open rooms like gyms and auditoriums.

In a church or theater

If possible, move quickly but orderly to an interior bathroom or hallway, away from windows. Crouch face-down and protect your head with your arms. If there is no time to do that, get under the seats or pews, protecting your head with your arms or hands.

In A Car or Truck

Vehicles are extremely dangerous in a tornado. If the tornado is visible, far away, and the traffic is light, you may be able to drive away from its path by **moving at right angles to the tornado**. Otherwise, park the car as quickly and safely as possible -- out of the traffic lanes. Get out and seek shelter in a sturdy building. If in the open country, run to low ground away from any cars (which may roll over on you). Lie flat and face-down, protecting the back of your head with your arms. **Avoid seeking shelter under bridges**, which can accelerate the wind while offering little protection against flying debris.

In The Open Outdoors

If possible, seek shelter in a sturdy building. If not, lie flat and face-down on low ground, protecting the back of your head with your arms. Get as far away from trees and cars as you can; they may be blown onto you in a tornado.

In A Shopping Mall, Large Store or Stadium

Listen for instructions from building security. Watch for others. Move as quickly as possible to an interior bathroom, storage room or other small enclosed area, away from windows. Move away from any glass.