



SAFE COMMUNITY COALITION

Natural Disaster

Tornado and thunderstorm safety

- Know what to look for. Tornadoes are generally associated with severe thunderstorms (lightning, strong gusty winds, heavy rain and hail). Once large hail begins to fall, it is best to assume a tornado may be nearby.
- Know what the weather terms mean. A tornado watch means conditions are favorable for tornadoes and severe thunderstorms. A tornado warning means severe thunderstorms or tornadoes are indicated on radar or reported by trained spotters.
- If there is a tornado warning:
 - Go to a basement or to an interior part of the building on the lowest level. Take a portable radio and flashlight with you.
 - Stay away from windows, doors and outside walls.
 - If no shelter is available, lie flat in the nearest ditch, ravine or culvert with your hands shielding your head.
- Have a disaster supply kit ready including flashlight, blanket, radio, extra batteries, canned food, water, etc.
- Reminder: All thunderstorms usually have lightning: You should seek shelter and avoid outdoor activities until the threat of severe weather has passed.

Extreme heat safety

- Hang shades, drapes or awnings on windows that receive morning or afternoon sun. This can reduce the heat entering the house up to 80%.
- Drink plenty of liquid (water is best) and drink before you are thirsty. Avoid drinks with alcohol or caffeine.
- Take a cool bath or shower—it cools you more effectively than air-conditioning; however, avoid extreme temperature changes. Taking a cold shower after extreme heat may result in hypothermia, especially for elderly and children.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. Use sunscreen lotion with a high SPF rating.
- Wear lightweight, light-colored, loose-fitting clothing. If you go outside, protect your head and face.
- Do not leave children or disabled people unattended in cars.
- Check on elderly or disabled relatives or neighbors.
- Slow down, take it easy.

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