

# Tornado

## Preparedness Checklist

A tornado is a tube of spinning air that forms from a thunderstorm and touches the ground. Tornadoes are dangerous. They can knock down buildings, uproot trees, move vehicles and destroy things in their path. Heavy rains, lightning, flash flooding and hail are possible. Tornadoes can happen anywhere. Prepare now so you can stay safe.



### What to Do: Before



#### Find Shelter Locations from High Winds in the Places Where you Spend a lot of Time.

- Find a safe room built to withstand high winds. The next best protection is a small room with no windows on the lowest level of a sturdy building.
- Mobile, manufactured, trailer homes and recreational vehicles (RVs) are not safe in high wind events. Plan ahead by finding a sturdy building to shelter in before a tornado watch or warning.



#### Practice Tornado Drills

- With your entire household, practice moving quickly to the safe locations that you identified.
- Create a personal support team of people you may assist and who can assist you.
- If you live in a mobile home, practice going to a safe place.



#### Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.
- Know the difference between a Tornado Watch and a Tornado Warning.
  - Tornado Watch: **Be Prepared!** Tornadoes are possible in and near the watch area. Be ready to act fast!

-Tornado Warning: **Take Action!** A tornado is near. There is danger. Move to safe location right away.

- You may not always receive a tornado warning. Know the signs of a tornado. Take shelter if you feel you are in danger.



#### Learn Emergency Skills

- Learn First Aid and CPR.
- Be ready to live without power. Utilities may be offline. Be ready to live without power, gas, and water. Plan for your electrical needs, including cell phones and medical equipment. Talk to your doctor. Plan for backup power.



#### Gather Emergency Supplies

- Gather food, water and medicine. Stores and pharmacies might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit.
- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.)
- Stay-at-Home Kit: at least two weeks of supplies. Stores and pharmacies might be closed.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
- Keep personal, financial, and medical records safe and easy to access (hard copies or securely backed up). Consider keeping a list of your medications and dosages on a small card to carry with you.

## What to Do: During



### Closely Monitor Weather Conditions

- Tune in to radio, TV or other news sources for more information about Tornado Watches and Warnings to be ready to take action.



### Seek Safe Shelter Immediately

- If a Tornado Warning is issued. Or, if you suspect a tornado, seek safe shelter right away. After getting to your safe shelter, use your arms to protect your head and neck.

## What to Do: After



### Avoid Injury

- Keep listening to radio, TV or other news sources. Stay in your shelter until the tornado warning is over.
- Do not enter damaged buildings.
- If the building you are in has been damaged, exit with extreme care and stay out. Look around for things that might fall or dangerous debris. Do not use matches or lighters inside. If you smell gas or see spills that could be flammable, leave immediately.
- If you are trapped, try to cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Watch out for exposed nails and broken glass.
- Stay clear of fallen power lines or broken utility lines.



### Treat Injuries

- People may be injured. Provide first aid as needed.
- Do not attempt to move a person with a back or neck injury unless they are in immediate danger. Seek immediate medical assistance.



### Clean Up Safely

- Be careful during clean-up. Wear thick-soled shoes, long pants and work gloves to reduce injuries.
- Children should not take part in disaster cleanup work.
- If power is out, use flashlights or battery-powered lanterns to reduce fire risk.
- Be aware of carbon monoxide poisoning. Do not use gasoline, propane, natural gas or charcoal-burning devices inside a home, basement, garage, tent or camper — or even outside near an open window. Carbon monoxide can't be seen or smelled, but it can kill you fast. If you start to feel sick, dizzy or weak, **get to fresh air right away — do not delay.**



### Take Care of Yourself

- It's normal to have a lot of bad feelings, stress or anxiety.
- Eat healthy food and get enough sleep to help you deal with stress.
- You can contact the Disaster Distress Helpline for free if you need to talk to someone. Call or text **1-800-985-5990**.

Prepare so you can protect. | For more information, visit [redcross.org/prepare](https://redcross.org/prepare) | Download the Emergency App

