

Thunderstorm

Preparedness Checklist

Thunderstorms are dangerous storms with lightning. A lightning strike can kill you.

Thunderstorms often bring:

- Powerful winds that can knock down trees, power lines, and mobile homes
- Intense rainfall that causes flash floods
- Tornadoes
- Lightning strikes that can spark fires
- Damaging hail

But we can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.



What to Do: Before



Identify a Sturdy Building and Practice Drills

- You need to get inside a sturdy building before a thunderstorm hits. A sturdy building is a structure with walls and a foundation. Once you have identified a sturdy building, plan to shelter in the basement or a small, interior, windowless room on the lowest level to provide additional protection from high winds. Plan to stay inside until weather forecasts indicate it is safe to leave.
- Mobile, manufactured, trailer homes, and recreational vehicles (RVs) are not safe in high winds. If you live in one of these structures, you need to identify a sturdy building nearby that you can get to quickly.
- Practice drills with everyone in your household, so everyone knows where to go and what to do before a thunderstorm hits.



Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Monitor local weather and news.
- Have a plan to keep your phone charged.
- In case of a power outage have a battery-powered radio.
- Understand the types of alerts that you may receive and have a plan to respond:
 - A WATCH means **Be Prepared!**
 - A WARNING means **Take Action!**



Learn Emergency Skills

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



Protect Your Home

- Make a list of items outside your home you will need to tie down or put away so that they don't blow away or fly through a window during high winds. When a High Wind, Severe Thunderstorm, or Tornado Watch, is issued, immediately secure these items to avoid damage or injury once the wind starts picking up.
- Secure objects that would be unsafe to bring inside, such as gas grills and propane tanks.
- Trim or remove trees close enough to fall on your home.
- Keep drains, gutters, and downspouts clean.
- Find out if your home is prone to flooding. If it is, consider:
 - Installing a sump pump with battery backup.
 - Elevating the heating system, water heater, and electrical panel.
- Review your home insurance policy. Check to see if you are covered for flood damage.

What to Do: During



When Thunder Roars, Go Indoors!

- Pay attention to weather alerts and local information. Postpone outdoor activities if the forecast calls for thunderstorms.
- When you hear thunder, seek shelter inside a sturdy building and move to a basement or an interior room on the lowest floor. Stay away from glass windows and doors. Stay inside until weather forecasts indicate it is safe to leave.
- Lightning can be dangerous even when you are inside.
 - Avoid using devices connected to electrical outlets.
 - Avoid running water. Lightning can travel through plumbing and water lines.
- Remember, no place outside is safe when thunderstorms are in the area. If you are caught outside in a thunderstorm, keep moving toward a safe shelter.

- Sheds, gazebos, dugouts, and bleachers do not protect from lightning and high winds.
- It is dangerous to take shelter under a tree as it is the leading cause of death from lightning strikes. You could also be killed or injured by strong winds blowing down trees and branches.
- Being in a vehicle is safer than being outside; however, if you have time, drive to the closest sturdy building, and take shelter inside.
- If you are driving and can't get to a sturdy building, pull off the road and park in a place where falling trees and power lines won't hit you.
- Flash flooding happens quickly. Move to higher ground before floodwaters reach you. Never walk, swim, or drive through floodwater. **Turn Around! Don't Drown!**

What to Do: After



Prevent Injuries

- Avoid fallen power lines, poles, and wires. They can electrocute you. Report them to the utility company immediately.
- Expect power outages.
 - Avoid using candles due to the risk of fires. Use battery-powered lights and flashlights instead.
 - Prevent carbon monoxide poisoning. Only use generators, grills, and camp stoves outdoors and away from windows.
 - Don't get sick from eating spoiled food. Throw out food that got wet or warm. When in doubt, throw it out!



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**.

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Extreme Heat

Preparedness Checklist

An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. Climate change is making extreme heat events more frequent, more severe and last longer. But we can take action to prepare. Prepare now to protect yourself and your loved ones.



What to Do: Before



Learn How to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.

- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.



Gather Emergency Supplies

Gather food, water and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. In the event of a power outage, you may lose access to clean drinking water. Set aside at least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

- 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.
- 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.



Make a Plan to Stay Cool

Do not rely only on electric fans during extreme heat. When temperatures are in the high 90s, fans may not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

- Spending a few hours each day in air conditioning can help prevent heat illness.
 - If you have air conditioning, be sure that it is in working order.
 - If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall or a public cooling center. Plan how you will get there.
- Additional resources may be available from local government or community groups.
- Make sure you have plenty of lightweight, loose clothing to wear.
- Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe.



Learn Emergency Skills

- Learn how to recognize and respond to heat illness.
- 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



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.
- Understand the types of alerts you may receive and plan to respond when you receive them.
- A WATCH means **Be Prepared!** A WARNING means **Take Action!**

What to Do: During



Stay Hydrated

- Drink plenty of fluids. Encourage others to drink plenty of fluids, too.
- Replace salt and minerals with snacks or a sports drink.



Stay Cool

- Stay in an air-conditioned place as much as possible.
- If your home does not have air conditioning, go to your predesignated cool location.
- Wear lightweight, loose clothing and take cool showers or baths.
- Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day.



Prevent Heat Illness

Check on your friends, family and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms.

Anyone can develop heat illness. But, people at greater risk are:

- Older adults
- Infants, children and pregnant women
- People with medical conditions
- Outdoor workers
- People with limited personal resources
- People living in places that lack green spaces

Heat Illness	What to Look For	What to Do
Heat Cramps are muscle spasms caused by a large loss of salt and water in the body.	Heavy sweating with muscle pain or spasms	<ul style="list-style-type: none"> ▪ Move to a cool place. ▪ Drink water or a sports drink ▪ Get medical help right away if: <ul style="list-style-type: none"> - Cramps last longer than 1 hour - Person affected has heart problems
Heat Exhaustion is severe and may require emergency medical treatment.	<ul style="list-style-type: none"> ▪ Heavy sweating ▪ Cold, pale and clammy skin ▪ Fast, weak pulse ▪ Nausea or vomiting ▪ Muscle cramps ▪ Tiredness or weakness ▪ Dizziness-Headache-Passing out 	<ul style="list-style-type: none"> ▪ Move to a cool place ▪ Loosen tight clothing ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Sip water slowly <p>Get medical help right away if:</p> <ul style="list-style-type: none"> - Vomiting occurs - Symptoms last longer than 1 hour or get worse - Confusion develops
Heat Stroke is deadly and requires immediate emergency treatment.	<ul style="list-style-type: none"> ▪ High body temperature (104°F or higher) ▪ Hot, red, dry or damp skin ▪ Fast, strong pulse ▪ Headache-Dizziness ▪ Nausea-Confusion-Passing out 	<p>Call 911 right away, then:</p> <ul style="list-style-type: none"> ▪ Move to a cool place ▪ Cool the body using wet cloths, misting, fanning or a cool bath ▪ Do NOT give the person anything to drink

What to Do: After



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.

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Power Outage

Preparedness Checklist

A power outage is when the electrical power goes out. Planned or unexpected, it can last for days or longer. Lighting, refrigeration, water, air conditioning, the internet, and medical equipment may not work. Climate change is making extreme weather events more frequent. These weather events can stress our electrical grids and lead to more power outages. But we can take action to prepare. Prepare now to protect yourself, your loved ones, and your home.



What to Do: Before



Know and Plan for your Personal Electrical Needs.

Evacuate means going from an unsafe place to a safe place.

- Take an inventory of your essential electrical needs. Then consider how you would live without them when the power goes out. Make a plan for the essentials.
 - How will I stay warm or cool?
 - How will I make food or have clean water?
 - How will I communicate with others?
 - How will I run any needed medical equipment?
- If you need to keep medications cool or have medical devices that need power, discuss a backup plan with your doctor.
- It may not be safe to stay home, have a plan to evacuate safely.



Create a Support Network

- Identify trusted individuals that can help you or that need your help.
- Know how to contact them. Keep a paper copy of your contact list.
- Know how to help each other. Support may include:
 - Help staying at home or evacuating.
 - Bringing food or needed supplies.



Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.



Learn Emergency Skills

- Learn First Aid and CPR.
- Be ready to live without power, gas, and water.
- 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.
 - Plan to use coolers and ice to keep food cold. Make sure you have a thermometer so that you can check the temperature of your fridge.
 - 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



Monitor Alerts

- Listen to the radio and monitor your cell phone for local information and alerts.



Keep Food Cold and When in Doubt, Throw it Out

- Eat your fresh, perishable foods first.
- Avoid opening your refrigerator and freezer to keep food cold. Use coolers with ice if necessary.
- Measure the food temperature in your refrigerator and freezer with a thermometer. Throw out perishable food that has been warmer than 40 degrees F.
- Ask your healthcare provider or doctor about refrigerated medicines.



Prevent Power Overloads and Fire Hazards

- Unplug appliances and electronics to avoid damage from power surges.

- Use flashlights, not candles.
- Turn off the utilities only if you suspect damage or if local officials instruct you to do so. Your gas line can only be turned on by a professional.
- Contact a professional if you have problems once the utilities are back on.



Prevent Carbon Monoxide Poisoning

- Do not use a gas stove to heat your home.
- Do not use outdoor stoves indoors for heating or cooking.
- If using a generator, keep it outside in a well-ventilated area away from windows.



Decide if you Need to Stay or Go

- Evacuate if your home is too hot or too cold, or if you have medical devices that need power.
- Communities often provide warming or cooling centers and power charging stations.

What to Do: After



Stay Safe

- Avoid damaged or fallen power lines, poles, and downed wires. They can electrocute you.
- Avoid electrical shock in flood areas. Do not go into flooded areas or use any electrical equipment that may have been underwater.
- Be aware of carbon monoxide poisoning. Do not use gasoline, propane, natural gas or charcoal-burning devices inside a home, 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.**



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