

PROTECTING YOUR FAMILY FROM SEVERE STORMS

Stay healthy in severe thunderstorms and tornadoes with these simple steps!

THE SEVERE STORM AND HEALTH CONNECTION

Wisconsin has an average of 23 tornadoes per year, most of which occur in the southern part of the state.

Severe storms and tornadoes cause damage to houses and affect physical and mental health.

Take these important steps to protect your health and that of your family in a severe thunderstorm or tornado.

WAYS TO PROTECT YOURSELF

- **Make a disaster emergency kit.** Important things to include in your kit: three-day supply of food and water, can opener, cell phone and charger, flashlight and batteries, first aid kit, extra cash, and a change of clothes.
- **Create a tornado emergency plan.** Sketch a floor plan of where you live and how to seek shelter. Sketch two ways to exit from each room, and mark the locations of the first aid kit, fire extinguisher, and utility switches.
- **Know how to stay informed.** Tune in to weather reports from your local media, or sign up for the National Weather Service's text or email alerting systems for emergency notifications.

DURING A STORM

Seek safe shelter.



Pro tip: It is best to go to the lowest floor of a building, in an interior room, away from windows. Cover your head and neck.

Avoid electrical devices.



Pro tip: Avoid contact with devices that are plugged into an outlet. Do not use a generator indoors if your power goes out.

Check on your neighbors.



Pro tip: People with limited mobility, those who live alone, the elderly, and children may be more likely to get injured during severe storms.

For more tips, view the full toolkit at:

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