In the event of any emergency it is good to have the following:

* First aid kit
* Food and water
* Scissors
* Pen/pencils
* Flashlight
* Radio (battery powered)
* Pocket knife
* Thread and needle
* Rucksack/bag

**TORNADOS**

A tornado is a violently rotating column of air that spins while in contact with both the surface of the Earth and a cumulonimbus cloud. They are often referred to as twisters, whirlwinds or cyclones. Tornadoes are typically in the form of a visible condensation funnel originating from the base of a huge storm cloud, whose narrow end touches the earth and is often encircled by a basal cloud of debris and dust. Most tornadoes have wind speeds less than 110 miles per hour (180 km/h), are about 250 feet (80 m) across, and travel a few miles (several kilometers) before dissipating. The most extreme tornadoes can attain wind speeds of more than 300 miles per hour (480 km/h), are more than two miles (3 km) in diameter, and stay on the ground for dozens of miles (more than 100 km).

**Tips:**

* Move immediately to an underground shelter whenever possible
* Stay in a windowless room on the lowest possible floor
* Stay away from mobile homes/tall buildings/open rooms with lots of windows/buildings with flat, wide roofs
* Stay within shelter until the tornado passes
* Move perpendicular to the tornado
* Turn off gas in house
* Always have an emergency plan/first aid kit and basic preparation in the event of a tornado

**HEATWAVES**

A heat wave is a prolonged period of excessively hot weather, which may be accompanied by high humidity, especially in oceanic climate countries. While definitions vary, a heat wave is measured relative to the usual weather in the area and relative to normal temperatures for the season. Temperatures that people from a hotter climate consider normal can be termed a heat wave in a cooler area if they are outside the normal climate pattern for that area.

**Tips:**

* Rule number 1: STAY HYDRATED WITH WATER
* Avoid dehydrating foods and drinks such as caffeine
* Eat well balanced, light and healthy meals (fresh fruit, salads and healthy snacks are a good idea)
* Stay indoors and out of the light
* Use reflective materials in the windows of your house (aluminium foil is a good resource for this) to reflect the light/heat
* Close curtains/blinds/shutters to keep the light out
* Wear light coloured clothing instead of dark clothes that will absorb heat
* Reduce exercise
* Listen to alerts on the radio, TV and social media about keeping cool
* Identify symptoms of heatstroke and look out for others

**Symptoms of heatstroke:**

* High fever (104F/40C)
* Severe headache
* Light-headedness or dizziness
* Disorientation or confusion
* Irrational behaviour
* Irritability or emotional instability
* Nausea or vomiting
* Muscle weakness and cramps
* Flushed or red skin
* Lack of sweating, dry skin
* Rapid heartbeat
* Rapid, shallow breathing
* Seizures

**HAILSTORMS**

Hail is a form of solid precipitation. It is distinct from ice pellets (sleet), though the two are often confused. It consists of balls or irregular lumps of ice, each of which is called a hailstone. Ice pellets (sleet) falls generally in cold weather while hail growth is greatly inhibited during cold surface temperatures

Any thunderstorm which produces hail that reaches the ground is known as a hailstorm. Hail has a diameter of 5 millimetres (0.20 in) or more. Hailstones can grow to 15 centimetres (6 in) and weigh more than 0.5 kilograms (1.1 lb).

Unlike ice pellets, hailstones are layered and can be irregular and clumped together. Hail is composed of transparent ice or alternating layers of transparent and translucent ice at least 1 millimetre (0.039 in) thick, which are deposited upon the hailstone as it travels through the cloud, suspended aloft by air with strong upward motion until its weight overcomes the updraft and falls to the ground. Although the diameter of hail is varied, in the United States, the average observation of damaging hail is between 2.5 cm (1 in) and golf ball-sized (1.75 in).

**Tips:**

* Seek shelter wherever possible- anywhere with a roof
* Keep away from windows and skylights
* If no shelter is immediately available, cover you head with folded arms and crouch and protect your skull and spine with anything
* Ensure other people as well as animals are sheltered and accounted for

**DROUGHTS**

A drought is a period of below-average precipitation in a given region, resulting in prolonged shortages in its water supply, whether atmospheric, surface water or ground water. A drought can last for months or years, or may be declared after as few as 15 days. It can have a substantial impact on the ecosystem and agriculture of the affected region and harm to the local economy. Annual dry seasons in the tropics significantly increase the chances of a drought developing and subsequent bush fires. Periods of heat can significantly worsen drought conditions by hastening evaporation of water vapour.

**Tips:**

* Retain as much water as possible
* Try not use showers/toilets too regularly as these account for the most amount of wasted water
* Install a rain catch systems- use anything to collect rainwater when it does rain: buckets, water butts, fountains, and tarpaulin are good methods
* Stock your home with bottled water
* Reuse water that would’ve been wasted- shrubs, trees and other plants can use this water

**FLOODS**

A flood is an overflow of water that submerges land which is usually dry. The European Union (EU) Floods Directive defines a flood as a covering by water of land not normally covered by water.] In the sense of "flowing water", the word may also be applied to the inflow of the tide.

Flooding may occur as an overflow of water from water bodies, such as a river, lake, or ocean, in which the water overtops or breaks levees, resulting in some of that water escaping its usual boundaries, or it may occur due to an accumulation of rainwater on saturated ground in an areal flood. While the size of a lake or other body of water will vary with seasonal changes in precipitation and snow melt, these changes in size are unlikely to be considered significant unless they flood property or drown domestic animals.

**Tips:**

* Listen out for radio updates regarding flooding
* Stay away from moving water- up to six inches of moving water is enough to cause you to fall
* Move essential items to higher ground or upper floors
* Remove outside furnishings indoor
* Disconnect all electrical appliances
* Stock fresh bottled water and food
* Use sandbags or other dense or waterproof materials to protect your property
* If instructed to evacuate, move to higher ground immediately and ensure you have a first aid kit with you

**BLIZZARD STORMS**

A blizzard is a severe snowstorm characterised by strong sustained winds of at least 35 mph (56 km/h) and lasting for a prolonged period of time—typically three hours or more. A ground blizzard is a weather condition where snow is not falling but loose snow on the ground is lifted and blown by strong winds.

**Tips:**

* Store clean bottled water and non-perishable foods
* Use/find/make a source of heat!
* Avoid driving if at all possible
* “Winter-proof” your car

• If in a car, check the exhaust isn't blocked by ice and snow to eradicate the risk of carbon monoxide poisoning, otherwise, do not leave the car.

• If outside, seek shelter immediately or call for help

• Take off any clothing that may be wet

**SOLAR FLARES**

A solar flare is a sudden flash of brightness observed near the Sun's surface. It involves a very broad spectrum of emissions, an energy release of typically 1 × 1020 joules of energy for a well-observed event. A major event can emit up to 1 × 1025 joules (the latter is roughly the equivalent of 1 billion megatons of TNT, or over 400 times more energy than released from the impact of Comet Shoemaker–Levy 9 with Jupiter). Flares are often, but not always, accompanied by a coronal mass ejection. The flare ejects clouds of electrons, ions, and atoms through the corona of the sun into space. These clouds typically reach Earth a day or two after the event. Solar flares have the following impacts:

* Short out satellites and take down GPS, cell phone, Internet, and TV services
* Cause damage to electronic devices and computers
* Disrupt the power grid resulting in overloads, widespread power outages, and dangerous power surges
* Increase corrosion and breakage of gas and fuel pipelines
* Confuse compasses and electromagnetic gadgets
* Cause light displays (like the “northern lights”) in the sky
* Knock out communications, including radio, military communications, and early warning systems

**Tips:**

* Install a backup energy supply such as a generator, solar panels or a wind turbine
* Create or attain a Faraday cage. This reflects harmful solar radiation and is essentially an enclosed solid metal or wire mesh box with an insulated liner. This can be easy to make using a cardboard box wrapped with aluminium foil.
* Unplugging electronic devices will ensures the ultimate power surge protection- if it’s not plugged in, it can’t be zapped.
* Contact family and friends before the flare is due to hit
* Have a long term plan if communications and electronics are down for longer than a week

**WILDFIRES**

A wildfire or wildland fire is a fire in an area of combustible vegetation that occurs in the countryside or rural area. Wildfires can cause damage to property and human life, but they have many beneficial effects on native vegetation, animals, and ecosystems that have evolved with fire. Wildfire behaviour and severity result from the combination of factors such as available fuels, physical setting, and weather.

**Tips:**

* If you, your family or property are at potential wildfire risk, then do not hesitate to evacuate
* When evacuating, choose downhill routes- fire moves faster uphill due to updrafts
* Identify and move towards safe zones- open areas preferably with a body of water away from vegetation
* Avoid canyons, chutes or draws as these act as chimneys that funnel the heat toward you
* Breathe inside your clothing next to your body to protect your respiratory tract so you don’t inhale hot gasses.

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| <https://en.wikipedia.org/wiki/Tornado>  <http://www.wikihow.com/Survive-a-Tornado>  <https://en.wikipedia.org/wiki/Heat_wave>  <http://www.nhs.uk/Livewell/Summerhealth/Pages/Heatwave.aspx>  <http://www.wikihow.com/Survive-a-Heat-Wave>  <https://en.wikipedia.org/wiki/Hail>  <http://www.outdoorlife.com/blogs/survivalist/weather-survival-skills-how-survive-major-hailstorm>  <https://en.wikipedia.org/wiki/Drought>  <http://disaster-survival-resources.com/drought-survival-tips.html>  <https://en.m.wikipedia.org/wiki/Flood>  <https://www.google.co.uk/amp/m.wikihow.com/Survive-a-Flood%3Famp%3D1>  <https://en.m.wikipedia.org/wiki/Blizzard>  <https://en.wikipedia.org/wiki/Solar_flare>  <https://www.todayshomeowner.com/how-to-protect-your-home-from-solar-flares-and-solar-storms/>  <https://en.wikipedia.org/wiki/Wildfire>  <http://survivalkitguide.com/2012/wildfire-survival-tips/> |