SPRING 2019 Weather Emergency Tips

**~FOR EAST COAST RESIDENTS~**

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| **Weather** | **Avoid** | **Take Action** |
| Rain Floods A picture containing outdoor, building, snow, water  Description automatically generated | * Avoid electrical outlets or cords * Avoid basements or lower ground * Avoid driving or walking in a flood | * If time permits, grab your cellphone to call for help * ***Get to higher ground immediately (higher floor or on a hill)***   RunForest scene |
| Storm Surges Waters whipped up by Hurricane Gloria smash against a pier in Rodanthe, North Carolina, in 1985. Hurricane Gloria landed near Rodanthe, on North Carolina's Outer Banks, during low tide. Because of this, the storm surges associated with the hurricane were relatively mild—about 1.8 meters (6 feet). | * Avoid the coastline, the sea is volatile and can wash you under * Avoid electrical outlets or cords * Avoid basements or lower ground | * ***Get to higher ground immediately and get away from the coastline***   RunForest scene |
| Hurricanes, Tornadoes Hurricanes Page Divider Images | * Avoid staying in vehicles, mobile homes, sheds and tents that can knock over in the wind * Avoid large rooms like gymnasiums or auditoriums | * ***Find an enclosed room in a building*** * If in a car, drive immediately to the nearest sturdy building   CarHome |
| Thunderstorms, Lightning Drought | * Avoid trees as they can catch fire from lightning * Avoid windows if it hails as large hail pellets can smash through * Avoid large rooms like gymnasiums or auditoriums | * ***Find an enclosed room in a building*** * If driving, stay inside your vehicle   Car Home |
| Snowstorms Photo of snow accumulation on a road in western North Carolina in March 1993 courtesy of the National Weather Service | * Avoid sweating as you can get hypothermia if you’re not dry   Winter hat  Mittens | * Find shelter if possible or stay in your car * Call someone and let them know where you are * Stay dry and fully covered with jackets, caps, gloves and boots * Move your arms and legs to keep blood circulating * If you’re stuck while driving, stay in the vehicle and turn the exhaust on every hour to maintain heat (with open windows) and clear snow from the exhaust pipe |

# Be Ready for Storm Season, SPRING 2019

# *This upcoming storm for Spring 2019* may bear some similarities to the “1993 Storm of the Century,” which traveled across the U.S from the Southern States to the upper East Coast. Therefore, if you live on the East Coast, I would advise you to be prepared in advance. Over 270 people died during the three-day storm between March 12th to March 14th. Some of the extreme conditions of this storm included almost 5 feet of snow, wind gusts over 70 miles an hour, and around 15 tornadoes in Florida1. This started when a jet stream of Arctic air from Canada collided with thunderstorms in the Gulf of Mexico. This collision was then joined by rain and snowstorms coming from the West Coast. The jet stream traveled in a “U” shape up the East coast starting with storm surges and tornadoes in Florida and leading to severe snowstorms higher up North. *Read the following preparation guide we’ve provided to stay safe in case of storms in your area.*

# Prepare Yourself Before a Weather Emergency Strikes

1. **Research on what type of weather emergency tends to affect the area you live in**

* [**Weather Emergencies by State**](https://alerts.weather.gov/)
* Hail and tornadoes affect southern states and snowstorms affect northern states.
* Keep regular tabs on local news outlets for storm or flood warnings

1. **Identify a safe hideout in your home where you can stay with your family to wait out any storms or floods.**

* For hurricanes, tornadoes and thunderstorms, stay away from glass windowpanes, sheds, mobile homes or tents and stay in a basement or closet.
* For floods, stay away from low ground like basements and move to higher ground, away from electrical outlets or cords. Electricity can travel through water and shock you.**2**

1. **Purchase an insurance plan, depending on your local storm likelihood, to protect your property in case of damage.**

* Flood insurance, hurricane insurance or tornado insurance
* You will need to do this at least a few months before any emergency warning is issued, as insurance companies will not be available during a storm.**3**

1. **Exchange an emergency plan with a neighbor or friend.**

* Exchange phone numbers and walkie talkies.
* Have a conversation with your friend about keeping each other up to date with any upcoming weather situations.

1. **Make a 3-day emergency kit in case your area experiences floods, hurricanes, tornadoes or snowstorms.** You may need to hideout somewhere with enough supplies to last until the storm subsides.

**Emergency Kit Items to Pack4**

* Large Duffel Bag, backpack or smaller individual packs to hold items
* Water bottles (at least 4-5 packaged bottles for each family member)
* Non-perishable foods (packaged items like granola bars, crackers, dried fruit or jerky, canned goods with can opener)
* Personal Medications (any prescription pills or over the counter painkillers)
* Flashlights + Batteries
* Blankets
* First-Aid kit (with band-aids, antiseptics, gauze, alcohol swabs)
* Rain Gear (jackets, rubber boots, rubber gloves)
* Radio + batteries (for weather updates)

1. **Additional Steps to Take for Each Kind of Emergency:**

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| Weather | What You Can Do |  |
| Rain Floods5 | * Fill sandbags to protect your home from flood waters * Identify an area of high ground where you can go in case of flooding. | 3 Sandbag Alternatives, Hydrological Solutions, Waller, TX |
| Storm Surge6 | * If you live near coastal areas, pay attention to hurricane warnings as hurricanes can cause storm surges that flood land * Familiarize yourself with beach flag colors as they can signify hurricane warnings |  |
| Tornadoes and Hurricanes7 | * Create an interior low-level room or cellar in or near your house to provide a hideout shelter * Store your emergency kit in your hideout * Buy wooden boards to cover up windows * Keep patio furniture inside * Keep yard trees trimmed * Keep cars in the garage | A family enters a storm cellar while a tornado touches down in the background. |
| Snowstorm8 | * Keep an emergency kit in your car, home and office * In addition to the items above, your emergency kit for your car should include some jumper cables, a spare tire, a lighter, some rope, a snow shovel and warm blankets and jackets |  |

**References:**

1<https://www.ncei.noaa.gov/news/1993-snow-storm-of-the-century>

2<https://www.weather.gov/safety/tornado-during>

3, 4, 5 <https://www.weather.gov/safety/flood-before>

6, 7https://www.weather.gov/safety/hurricane-plan

8https://www.weather.gov/safety/winter-before

1st table: https://www.weather.gov/safety/

<https://www.weather.gov/safety/flood-during> (rain flood picture)

<https://www.nationalgeographic.org/encyclopedia/storm-surge/> (storm surge picture)

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/hurricane.html> (hurricane picture)

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<https://www.ncei.noaa.gov/news/1993-snow-storm-of-the-century> (snowstorm picture)

<https://www.hydrologicalsolutions.com/protecting-residential-commercial-properties/3-sandbag-alternatives/> (sandbags picture)

<http://ivaluesafety.com/beach-rip-current-safety-tips-5/> (beach flags picture)

<https://cattime.com/cat-facts/how-to/13957-keeping-cats-safe-tornado> (tornado cellar picture)

<https://www.weather.gov/safety/winter-before> (car emergency kit for snow storm picture)