

Are you Ready for a Tornado?

Prepare a Home Tornado Plan

Pick a place where family members could gather if a tornado is headed your way. It could be your basement or, if there is no basement, a center hallway, bathroom, or closet on the lowest floor. Keep this place uncluttered.

If you are in a high-rise building, you may not have enough time to go to the lowest floor. Pick a place in a hallway in the center of the building.

Assemble a Disaster Supplies Kit

- First aid kit and essential medications.
- Canned food and can opener.
- At least three gallons of water per person.
- Protective clothing, bedding, or sleeping bags.
- Battery-powered radio, flashlight, and extra batteries.
- Special items for infant, elderly, or disabled family members.
- Written instructions on how to turn off electricity, gas, and water if authorities advise you to do so. (Remember, you'll need a professional to turn natural gas service back on.)

Stay Tuned for Storm Warnings

Listen to your local radio and TV stations for updated storm information.

Know what a tornado WATCH and WARNING means: A tornado WATCH means a tornado is possible in your area. A tornado WARNING means a tornado has been sighted and may be headed for your area. Go to safety immediately.

Tornado WATCHES and WARNINGS are issued by county or parish.

When a Tornado WATCH Is Issued

- Listen to local radio and TV stations for further updates.
- Be alert to changing weather conditions. Blowing debris or the sound of an approaching tornado may alert you.
- Many people say it sounds like a freight train.

When a Tornado WARNING Is Issued

- If you are inside, go to the safe place you picked to protect yourself from glass and other flying objects. The tornado may be approaching your area.
- If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area.
- If you are in a car or mobile home, get out immediately and head for safety (as above).

Established in 1989, Espyr™ is the leading behavioral health company developing innovative solutions for maximizing human and organizational potential. Our solutions cover a continuum of care from chronic and acute health conditions to helping people excel; from restoring well-being to accelerating human performance.

For more information, contact us at (866)734-5890

After the Tornado Passes

- Watch out for fallen power lines and stay out of the damaged area.
- Listen to the radio for information and instructions.
- Use a flashlight to inspect your home for damage.
- Do not use candles at any time.

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