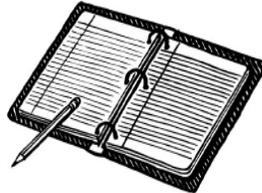


Are you prepared?

Many hazards and emergencies can affect your family and home. Kane County Health Department & Kane County Office of Emergency Management encourage you to review this information and become better prepared.

Prepare:

- Learn about potential hazards and emergencies
- Develop an emergency plan and include information from community, school and workplace plans
- Know your own community's warning systems and where to seek shelter
- Assemble disaster supplies kit
- Practice and maintain your plan



It's important to think about:



- Escape routes
- Family communications
- Utility shut-off and safety
- Insurance and vital records
- Special needs of family members — disabilities, medications, special diets
- Caring for animals/pets
- Safety skills, like First Aid and CPR

Assemble Disaster Supply Kits:

For Home —

This kit should contain essential food, water, and supplies for at least three days. Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept. Additionally, you may want to consider having supplies for sheltering for up to two weeks.

For Work —

This kit should be in one container and ready to “grab and go” in case you are evacuated. Include food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.



For Car —

In case you are stranded, keep a kit of emergency supplies in your car. It should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.

Types of hazards:



Natural hazards —

floods, hurricanes, thunderstorms & lightning, tornados, winter storms & extreme cold, extreme heat, earthquakes, fires



Technological hazards —

hazardous materials incidents, nuclear power plants



Terrorism —

explosions, biological threats, chemical threats, nuclear blasts, radiological dispersion devices



Resources on the Internet:

The American Red Cross:
www.redcross.org

Department of Homeland Security:
www.dhs.gov

Federal Emergency Management Agency:
www.fema.gov

National Lightning Safety Institute
www.lightningsafety.com

The National Weather Service
(Part of National Oceanic and Atmospheric Administration):
www.nws.noaa.gov

Local Links:

American Red Cross, Fox River Chapter
www.redcross.org/il/foxriver

Kane County Health Department:
www.kanehealth.com

Kane County Office of Emergency Management
www.kcoem.org



Are you prepared 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.

Stay tuned for storm warnings

- Listen to NOAA Weather Radio, commercial radio, or television for updated weather 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 the county.

When a tornado WATCH is issued

- Listen to NOAA Weather Radio, commercial radio, or television for updated weather information.
- 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.



Does your home have an All Hazards NOAA Weather Radio? To get direct National Weather Service information, purchase them for your home and office. (available at electronics stores)

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.



Are you prepared for thunder storms?

Before lightning strikes

- Keep an eye on the sky. Look for darkening skies, flashes of light, or increasing wind. Listen for the sound of thunder.
- If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately.
- Listen to NOAA Weather Radio, commercial radio, or television for the latest weather forecasts.

When a storm approaches

- Find shelter in a building or car. Keep car windows closed and avoid convertibles.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances. Avoid using the telephone or any electrical appliances. (Leaving electric lights on, however, does not increase the chances of your home being struck by lightning.)
- Avoid taking a bath or shower, or running water for any other purpose.

If caught outside

- If you are in the woods, take shelter under the shorter trees.
- If you are boating or swimming, get to land and find shelter immediately!

Protecting yourself outside

- Go to a low-lying, open place away from trees, poles, or metal objects. Make sure the place you pick is not subject to flooding.
- Be a very small target! Squat low to the ground. Place your hands on your knees with your head between them. Make yourself the smallest target possible.
- Do not lie flat on the ground — this will make you a larger target!



This information provided by:



Sources for this flyer / reprinted with permission from — American Red Cross publications: Tornado/ARC 4457 Rev. 7/98; Thunderstorm/ARC 5009 Rev. 8/98. FEMA publication: Basic Preparedness. Complete publications and additional materials available on their Websites. See other side for Website addresses.