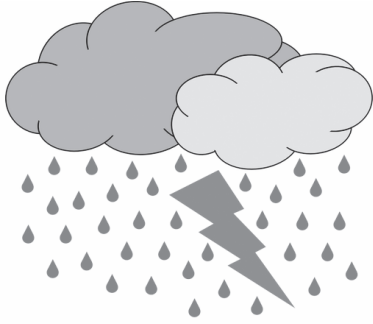


HEALTH TIPS

Consejos de Salud



Be Prepared! Learn about Thunderstorms and Lightning

Most natural disasters happen all of a sudden and may catch you off guard. So let's talk about the things you can do today to protect you and your family:

1 Build an emergency communication plan:

LIST phone numbers, emails and addresses of your family members, doctors, schools, work, police, and hospitals. Include safe places where the family can go for protection.

SHARE your plan with your family and carry it with you.

PRACTICE your emergency communication plan with your family.

For more information on Emergency Communication Plan visit
<http://www.ready.gov/make-a-plan>

2 Learn about natural events and what to do before a natural disaster happens in your community:

Let's start with thunderstorms and lightning

Thunderstorms are very dangerous natural hazards. They produce heavy rain for about 30 minutes to an hour. They are dangerous because every thunderstorm produces lightning. Lightning can kill or seriously hurt people. Thunderstorms can also bring other dangers like tornadoes and flooding.

What you can do in case of a thunderstorm and lightning

BEFORE the storm arrives:

- Get inside a home, building, or hard top car.
- Close window blinds, shades or curtains.
- Unplug any electronic equipment.

HEALTH TIPS

DURING the storm:

- Don't use phones or devices that are plugged into the wall.
- Don't wash your hands, take a bath or take a shower.
- Stay away from windows, doors and porches.
- Don't lie on concrete floors or lean against concrete walls.
- Don't touch anything metal outside, like bikes, playgrounds, and fences.
- Don't stand near tall trees in an open area, or flagpoles.
- If you are in the forest, seek shelter in a low area under a thick growth of small trees.
- If you are on open water, get to land and find shelter right away.

AFTER the storm:

- Stay away from loose power lines.
- Stay away from areas damaged by the storm or flood waters.

Know these terms...

Watches – Tell you that the weather conditions are right for a natural event to happen in your area.

Warnings – Tell you that a natural event is either happening or will happen shortly.

Did you know that...

Lightning may occur as far as 10 miles away from any rainfall.

Remember:

Take action before a natural disaster strikes. Learn what natural disasters are more likely to happen in your community and what to do to keep you and your family safe. If you want to learn more about how to be prepared for other natural disasters, visit:

<http://www.ready.gov/natural-disasters>



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HEALTH TIPS
Consejos de Salud

My Tornado Story

It was spring of 2002. The day was rainy, and the sky looked dark. The clouds were very low. I could hear the noise of hail hitting my dad's car. Every minute I could hear the clap of thunder and see the lightning. I was scared.

Minutes later, the TV and my cellphone buzzed with a special announcement. A ribbon started to scroll on the bottom of the screen... *The National Weather Service in Mississippi has issued a tornado warning in the following counties...* Oktibbeha County, where I live, was included. That is how we found out a tornado was happening somewhere or it was about to happen.

Seconds later, the siren from the University near my house started to wail. I heard my dad saying... *Get your shoes on, grab a blanket and get in the closet in the hallway right now!* He wanted us to stay away from corners, windows, doors, or any outside walls of the house. He ran to the kitchen to close a window, when he saw this huge spinning cloud with the shape of an ice cream cone coming toward our neighborhood. He closed the window quickly and ran back to the closet. I remember him saying... *cover your head with your blankets.*

Seconds later, we heard this loud sound, like a train right behind our house. The whole house vibrated. I just closed my eyes very tight.

We spent the night in that closet. The following day, we went out. I was glad I had my shoes on. We had broken glass everywhere. The house was fine, and we were fine too.

We walked around the neighborhood and saw some houses without roofs, and some trees that had fallen over. When we saw the power lines down, we decided to go back home. Dad told us that they are very dangerous and can electrocute you. I will never forget what I saw that day and I am grateful that no one was hurt.



What to do...

If you are in a trailer:

- Go to the lowest floor of a building or storm shelter near you.



If you are outside with no shelter near you:

- Get into a vehicle and buckle your seatbelt.
- Put your head down below the windows and cover your head with your hands and a blanket, or coat.



If there is no car or shelter:

- Find a ditch or an area lower than the ground and lie down.
- Do not go under a bridge or highway overpass.



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HEALTH TIPS Consejos de Salud

Hikers Were Trapped During a Flash Flood

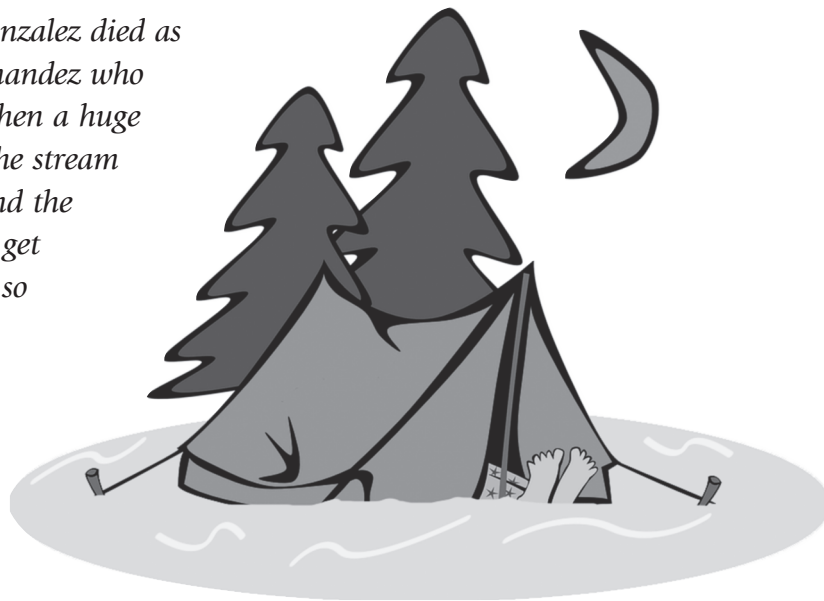
Santa Fe, NM: Today, four California students were rescued at North Pole Canyon. Fifteen year old, Matt Gonzalez died as the waters washed away his tent. Ramon Hernandez who was with the group said, "We were sleeping when a huge amount of water woke us up. I floated down the stream inside my tent, but it was dark and hard to find the tent's zipper. I used my knife to rip the tent to get out. It was so dark and the water was moving so fast...I couldn't see where my friends were. I was lucky to make it out alive."

Could this accident have been prevented?

The officials believe so. The creek had flooded in the past, and so it was not permitted to camp there. These students did not obey the warning signs. They should not have camped near the creek.

What you need to know about flooding

Flooding happens during heavy rains, when rivers overflow, when ocean waves come onshore, when snow melts too fast, or when dams break. Some floods develop slowly. Others like flash floods, happen very quickly and sometimes without signs of local rain clouds or heavy rain. This is the most common natural hazard. It happens in every state of this country.



HEALTH TIPS

To stay safe in case of flooding, here are some tips for you:

- Listen to your phone alerts, TV, or radio for weather updates, emergency instructions, or evacuation orders.
- Be aware of streams, drainage channels, canyons, and other areas that flood suddenly.
- If there is any possibility of a flash flood, move right away to higher ground.
- Be prepared to leave the area:
 - Bring in outdoor furniture and move important things to the upper floor, if you have one.
 - Disconnect electrical appliances and do not touch electrical equipment if you are wet or standing in water.
 - If authorities ask you so, turn off your gas and electricity.
- If you must leave your home:
 - Do not walk through moving water. Even six inches of water can make you fall. If you must walk, use a stick to check how firm the ground is.
 - Do not drive into flooded areas. If the water rises around your car, leave the car and move to higher ground if you can do so safely.

**And remember!
Return home only when authorities say it is safe.**



DO NOT drive over moving waters....

A foot of water will float many vehicles.

Two feet of rushing water can carry away even pick-up trucks.





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Get a Pen and Mark the Right Answer!

Now that you have read about some natural hazards and what to do in case they happen, let's remember what you have learned through these simple questions:

Is it true or false?

Mark only the true statements.

- In an emergency communication plan, you need to list phone numbers of your family, doctor, police, etc. ____
- Before a thunderstorm, you need to unplug any electronic equipment. ____
- During a storm, you can wash your hands, take a bath or take a shower. ____
- Lightning may happen as far as 10 miles away from any rainfall. ____

Correct answers:

a. T, b. T, c. F, d. T

Fill in the blank with the correct word from the word bank.

- _____ your emergency communication plan with your family and _____ it with you in your wallet, purse or backpack.
- _____ normally produce heavy rain for about 30 minutes to an hour.
- _____ tell you a natural event is either happening or will happen soon.
- During a _____ you need to stay away from corners, windows, doors, or any outside walls.

Word Bank:
Tornado,
Thunderstorms,
Share,
Warnings,
Carry

Correct answers:

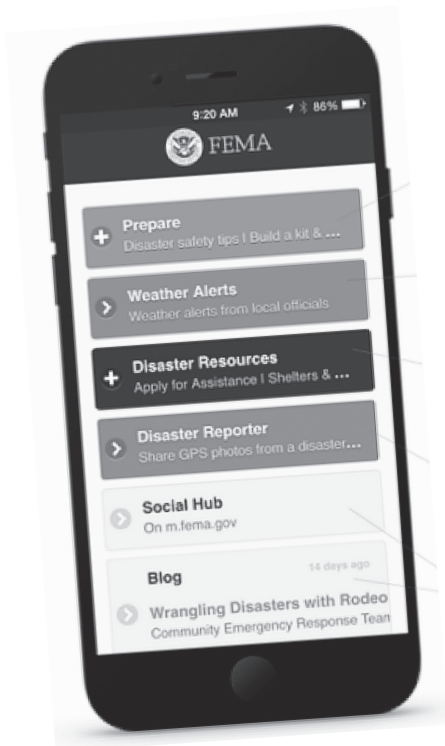
a. Share and Carry, b. Thunderstorms, c. Warnings, d. Tornado

HEALTH TIPS

Check ALL the weather signs that mean a tornado may be coming

- a. The sky looks dark ____
- b. Large hail ____
- c. There is thunder and lightning ____
- d. You can see a rainbow ____

Correct answers:
All except d.



Check this out!

The Federal Emergency Management Agency (FEMA) is offering you this amazing app for free. With this app you can get tips to survive natural disasters, receive alerts, locate open shelters, etc.

To download the app, go to iTunes and Google Play stores. To get more information on this tool, visit: <http://www.fema.gov/mobile-app> (ENGLISH)