

# MCLB ALBANY SAFETYGRAM

## SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



AMERICA'S  
PrepareAthon!



Week # 1 (Preparing for Tornadoes)



**Tornadoes can cause fatalities and devastate a neighborhood in seconds. Our local community is at risk from this hazard. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Therefore, by being prepared, you can help protect yourself, family and local community during tornado weather.**



### Before a Tornado

- ❖ [Build an emergency kit](#) and make a [family communications plan](#).
- ❖ Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information.
- ❖ Be alert to changing weather conditions. Look for approaching storms.
- ❖ Look for the following danger signs:
  - o Dark, often greenish sky
  - o Large hail
  - o A large, dark, low-lying cloud (particularly if rotating)
  - o Loud roar, similar to a freight train

### During a Tornado

- ❖ Go to a pre-designated area such as a safe room.
- ❖ Put as many walls as possible between you and the outside.
- ❖ Get under a sturdy table and use your arms to protect your head and neck.
- ❖ In a high-rise building, go to a small interior room or hallway on the lowest floor possible.
- ❖ Put on sturdy shoes.
- ❖ Do not open windows.
- ❖ Get out of mobile homes and seek immediate shelter.
- ❖ If driving, go to closest shelter. If your vehicle is hit by debris, then park and take cover.



### After a Tornado

- ❖ Continue to monitor your battery-powered radio or television for emergency information.
- ❖ Enter all structure with caution that has been damaged.
- ❖ Be aware of hazards from exposed nails and broken glass.
- ❖ Do not touch downed power lines or objects.
- ❖ Stay off the telephone, except to report an emergency.
- ❖ Respond to requests for volunteer assistance by police, fire fighters, emergency management and relief organizations.

For additional informational about tornado preparedness, please visit <http://www.ready.gov/tornadoes>.



**Risk Management 639-5249**

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