

# WEATHER SAFETY RULES

## LIGHTNING



- "When Thunder Roars... Go Indoors!!"  
If you hear thunder, you are close enough to the thunderstorm to be struck by lightning. Go to safe shelter immediately.
- Go to a steady building or to an automobile. Do not take shelter in small sheds, under isolated trees or in convertible automobiles. Stay out of boats and away from water.
- If shelter is not available, find a low spot away from trees, fences and poles. In wooded areas, take shelter under shorter trees.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliances. Use the telephone ONLY in emergencies. When in your home, do not take a bath or shower.
- If you feel your skin begin to tingle or your hair starts to stand on end, you are in an area where lightning will strike shortly. You should IMMEDIATELY move to some type of enclosed shelter preferably a building or your vehicle.

## FLASH FLOODING



- Remember "Turn Around, Don't Drown"
- When heavy rain threatens, get out of areas subject to flooding. This includes creeks, streams, dips, washes low spots, canyons as well as low water crossings.
- Don't camp or park vehicles along streams and creeks, particularly during threatening weather.
- Avoid already flooded and high velocity flow areas. Do not cross, on foot or in your vehicle, quickly flowing creeks, streams or low water crossings especially if you don't know water depth.
- Road beds may not be intact in low water crossings during flash flood episodes. Be especially cautious at night when it is harder to recognize flood dangers.
- If your vehicle stalls in high water, LEAVE IT IMMEDIATELY AND SEEK HIGH GROUND.

## TORNADOES



- When tornadoes threaten, you should leave automobiles and mobile homes for more substantial shelter.
- In substantial shelter, you should put as many walls between you and the tornado as you can. This means that interior bathrooms, hallways and closets on the lowest floor are the best place to be. If it is available, move to a below ground shelter, such as a basement.
- Stay away from windows.
- Do not try to outrun a tornado in your automobile.
- If caught outside or in a vehicle with an approaching tornado, lie flat in a nearby ditch or depression (away from your vehicle if you're leaving it).

## HURRICANES



- Even though we are more than 100 miles inland from the coast, landfalling hurricanes can still be a serious threat locally.
- High winds, even hurricane force winds, can occur locally.
- Torrential rains can cause severe flash and river flooding.
- Sudden, quick moving tornadoes are common with landfalling hurricanes.. even hundreds of miles inland.
- Evacuees from coastal areas will move inland into our area. Roadways may become congested along with a corresponding shortage of hotel and other living spaces. Shelters may be set up throughout our area.

## WINTER (COLD) WEATHER



- Bundle up when going out. Remember that most of the body heat that is lost to the atmosphere is lost from the region around your head. Wear caps or hats keeping as much of your head (ears, etc) covered as possible.
- Even though air temperatures must be below 15 degrees F with wind speeds in excess of 25 to 30 mph to achieve wind chill temperatures of -25 degrees F or lower, if that does occur, the human body becomes incapable of matching the rate of heat loss. As a result, with wind chill temperatures of -25 degrees F or below, skin temperatures will decrease and exposed flesh may freeze.
- In freezing and frozen precipitation, driving conditions are dangerous. On roadways, slow down (even if other motorists don't!). When stopping, don't lock your brakes. Touch them, slowing the vehicle gradually. If the wheels lock, take your foot off of the brakes. If you start skidding, steer the car in the direction that you want to go.

## SUMMER (HEAT) WEATHER



- When the temperatures go up, you should slow down!
- Heed your body's early warnings. Reduce your activities and stay in a shady, cool or air conditioned place as much as possible.. especially when relative humidity levels are high.
- Don't dry out. Drink plenty of non-alcoholic liquids while the hot spell lasts. Doctors recommend a glucose replacement drink for those outdoors for more than an hour or two. If this is not available, a good substitute is plain water.
- Dress for hot weather. Wear lightweight, light colored and loose fitting clothing to help maintain normal body temperatures. A hat or cap, and sunglasses are a must if prolonged exposure to the sun's rays and glare is anticipated.
- Avoid thermal shock. Go slow for those first few real hot days. Heatstroke frequently develops swiftly with little warning. Heatstroke is imminent if you quit sweating, which is your body's air conditioning system. Immediate medical attention is necessary with heat related illnesses.