

SEVERE WEATHER SAFETY TIPS FOR TRAVELING TROOPS

GENERAL SAFETY TIPS FOR SEVERE WEATHER

- When traveling to remote areas consider purchasing a weather radio. Weather radios can be purchased at <http://www.weatherconnection.com/> or at stores like Sports Authority or Target.
- Severe weather announcements are posted by county. Always know what county you will be staying in.
- Before traveling with your troop, prepare emergency food and supplies in case you will be in a shelter for several hours.

Links to more information on Severe Weather

- Center for Disease Control – <http://www.cdc.gov/>
- Federal Emergency Management Agency – www.fema.gov
- National Weather Service – www.nws.noaa.gov

TORNADO - GENERAL GUIDELINES

- A **Tornado Watch** is issued when weather conditions favor the formation of tornadoes. Stay tuned to weather and take shelter if the watch becomes a warning.
- A **Tornado Warning** is issued when a tornado funnel is sighted or indicated by weather radar. Take shelter IMMEDIATELY.

Signs of a Possible Tornado

- A dark or green-colored sky
- A large, dark, low-lying cloud
- Large hail
- A loud roar that sounds like a freight train

Taking Shelter Indoors

- In a building move to any pre-designated shelter or basement.
- If an underground shelter is not available move to an interior room on the lowest floor and get under a sturdy piece of furniture. Some possible rooms are an interior closet or a

bathroom. A possible safe place is the bathtub with a cushion or blanket over you.

- Avoid places with wide-span roofs such as auditoriums, cafeterias, or shopping malls.
- Stay away from windows.
- Stay away from corners because they tend to attract debris.

When Shelter is Not Available

- In open country lie flat in the nearest ditch or ravine.
- Protect your head with anything available.
- Use arms to protect head and neck.
- Avoid Platform tents.
- Get out of automobiles.
- Avoid areas with lots of trees.

LIGHTNING STORM - GENERAL GUIDELINES

- Listen to the radio or weather radio to monitor weather information and conditions.
- Avoid using cell phones, i-pods and laptops while both indoors and outdoors as they attract lightning.

Taking Shelter Indoors

- Stay away from windows.
- Do not use the telephone except for emergencies.
- Avoid using electrical appliances.
- Avoid contact with all metal surfaces.
- Avoid water faucets and sinks as metal pipes can transmit electricity.

When Shelter is Not Available

- Get to an open space and squat as low to the ground as possible.
- Do not stand underneath a natural lightning rod such as a tall isolated tree, telephone pole or large antenna.
- In a wooded area, seek shelter in a low area under a thick growth of small trees.
- In open areas, go to a low place such as a ravine or valley and spread out, keeping people several yards apart.
- Get off or away from open water.

- If you feel your hair stand on end, lightening may be near. Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible. DO NOT lie flat on the ground.

FLASH FLOOD - GENERAL GUIDELINES

- Listen to the radio or weather radio to monitor weather information and conditions.

If a flood is likely in your area, you should:

- Get out of areas subject to flooding.
- Listen to the radio or a weather radio for information.
- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground.
- Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly. Flash floods can occur in these areas with or without such typical warnings as rain clouds or heavy rain.

If you have to evacuate, remember these tips:

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

EXTREME HEAT – GENERAL GUIDELINES

- Drink plenty of fluids, regardless of your activity level
- Wear lightweight, light-colored, loose-fitting clothing
- Try to rest often in shady areas
- Protect yourself from the sun by wearing a wide-brimmed hat and by wearing sunscreen (remember every girl must supply her own sunscreen and apply by herself).

Hot Weather Emergencies

- **Heat Stroke** occurs when the body is unable to regulate its temperature. Symptoms:
 - An extreme high body temperature (above 103 degrees)
 - Red, hot, and dry skin (no sweating)
 - Rapid, strong pulse
 - Throbbing headache
 - Dizziness and/or Nausea
 - Confusion
 - Unconsciousness

If you see any of these signs, immediately call 911 and do the following:

- Move person to shady area
 - Cool person rapidly.
 - Monitor body temperature
 - Do not give them any fluids to drink
-
- **Heat Exhaustion** is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate replacement of fluids. Symptoms:
 - Heavy sweating
 - Paleness
 - Muscle Cramps
 - Tiredness
 - Weakness
 - Dizziness
 - Headache
 - Nausea or vomiting
 - Fainting

Cooling measures that may be effective:

- Cool beverages
- Rest
- Cool shower
- Air conditioning
- Lightweight clothing