

DISASTER TIP SHEET

TORNADOES



HEALTHCARE
READY

PREPARING YOUR HEALTH FOR TORNADOES

- If you live in a tornado-prone region (like the Midwest and the Southeast), sign up for tornado warning systems and make sure you know how the tornado siren sounds**
 - You can follow [Weather.gov/Alerts](https://www.weather.gov/alerts) for alerts
 - Understand the warning signs and sounds of a tornado
 - Know the difference between a tornado watch and a warning
 - **Tornado watch:** This means current weather conditions could lead to a tornado - this is the time to head to a safe location to avoid the storm
 - **Tornado warning:** This means a tornado has been sighted - this is the time to seek shelter immediately
- Practice using a safe shelter or alternative location**
- Keep a list of your local healthcare facilities, with addresses, phone numbers, and emails/websites**
 - Consider these facilities:
 - Hospitals/ERs
 - Pharmacies
 - Urgent care clinics
 - Ancillary care:
 - Dialysis centers, Cancer Treatment Centers
- Keep a list of helpful hotlines**
 - Healthcare Ready: 1-866-247-2694
 - FEMA Disaster Assistance Helpline: 1-800-621-3362
 - Disaster Distress Helpline: 1-800-985-5990 (or text "TalkWithUS" to 66746)
 - Kidney Community Emergency Response (KCER): 1-866-901-3773
 - Red Cross: 1-800-733-2767
 - American Diabetes Association: 1-800-342-2283
 - American Heart Association: 1-800-242-8721
 - American Association of People with Disabilities: 1-800-840-8844
 - American Stroke Association: 1-888-478-7653
- Make sure you know your prescription medication and health information - use [Rx on the Run](#) to keep a list of your prescriptions**
 - [Rx on the Run](#) is a personalized wallet-sized card that lists your prescriptions with the latest dosage and instructions
 - Visit HealthcareReady.org/Rx-on-the-Run to fill yours out!

PROTECTING YOUR HEALTH DURING A TORNADO

- Take shelter in a safe room on the lowest level without windows**
 - If you are not inside during a tornado, cover your head and neck with your arms, and use a coat or blanket to protect your body

RECOVERING AFTER A TORNADO

- Avoid breathing in harmful dust by covering your mouth**
- Check your home for damages, including pipe leaks and gas leaks**
- Use caution when cleaning up debris and don't overexert yourself**
 - Always wear gloves, masks, and protective eyewear, and beware of glass, nails, and other sharp objects
 - If you are cut or scraped, clean and disinfect the wound thoroughly and keep it covered, especially if you have cancer or are otherwise immunocompromised
- Contact family and friends to let them know you are safe**
 - Use text messages instead of phone calls to avoid breathing in dust and because phone lines might be down
 - Check in on your loved ones that may need support
- Check with your health insurance provider for emergency support resources and hotlines**
 - Start by calling the number on the back of your insurance card for assistance
 - If you don't have insurance, call 2-1-1 and ask about local services that may be able to help
 - If there is a disaster declaration, you can also try to apply for FEMA Disaster Assistance for financial support by calling 800-621-3362 or visiting [DisasterAssistance.gov](https://www.disasterassistance.gov)