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 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
  - 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!

Find additional resources at healthcareready.org
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

Find additional resources at healthcareready.org

This tip sheet was created thanks to generous support from the Eli Lilly and Company.