

# Tornado Safety

## What is a tornado?

A tornado is a violent, rotating funnel of air that extends from a cloud to the ground. Tornadoes can travel for miles at speeds of 250 miles per hour or more. Tornadoes can change direction without warning, destroying homes, trees, cars, and more.

## Protect yourself from a tornado - BEFORE

- Designate an area of your home as a shelter
- Conduct tornado drills each tornado season
- Have disaster supplies on hand (flashlight, first-aid kit, radio, extra batteries, etc.)
- Understand the difference between a **tornado watch** and a **tornado warning**

## Protect yourself from a tornado - DURING

- Go to a windowless, interior room; storm cellar; basement; or lowest level of the building
- If there is no basement, go to an inner hallway or a smaller inner room without windows
- Get away from the windows
- Go to the center of the room – stay away from corners
- Get under a piece of sturdy furniture and hold on to it
- Use arms to protect head and neck
- If in a mobile home, get out and find shelter elsewhere
- If in a car, get out of the car immediately and take shelter in a nearby building (if there is no time, lie in a ditch or low-lying area away from the vehicle)

## After a tornado

- Help injured or trapped persons
- Give first aid when appropriate
- Do not move the seriously injured unless they are in immediate danger of further injury
- Call for help
- Turn on radio or television to get the latest emergency information
- Stay out of damaged buildings

## Additional information

- [www.fema.gov/library/tornadof.htm](http://www.fema.gov/library/tornadof.htm)
- [www.cdc.gov/nceh/emergency/tornado/planning.htm](http://www.cdc.gov/nceh/emergency/tornado/planning.htm)
- [www.cdc.gov/nceh/emergency/tornado/default.htm](http://www.cdc.gov/nceh/emergency/tornado/default.htm)