

## First Aid Kit

Store your first aid supplies in a tool box or fishing tackle box so they will be easy to carry and be protected from water. Inspect your kit regularly and keep it freshly stocked.

### Drugs and Medications

- Hydrogen peroxide to wash and disinfect wounds
- Antibiotic ointment
- Individually wrapped alcohol swabs
- Aspirin and non-aspirin tablets
- Prescriptions and any long-term medications (keep these current)
- Diarrhea medicine
- Eye drops

NOTE: Important medical information and most prescriptions can be stored in the refrigerator, which provides excellent protection from fires.

### Dressing

- Band-aids
- Clean sheets torn into strips
- Elastic bandages
- Rolled gauze
- Cotton-tipped swabs
- Adhesive tape roll

### Other First Aid Supplies

- First aid book
- Writing materials
- Scissors
- Tweezers
- Thermometer
- Bar soap
- Tissues
- Sunscreen
- Paper clips
- Safety pins
- Needle and thread
- Instant cold packs
- Sanitary napkins
- Pocket knife
- Splinting material

## Emergency Kit

- ⇒ Flashlight
- ⇒ Portable radio (Battery operated or wind-up)
- ⇒ First aid kit
- ⇒ Non perishable foods (canned, sealed)
- ⇒ Water
- ⇒ Nonelectric can opener
- ⇒ Cash and credit cards
- ⇒ Important documents
- ⇒ Spare batteries



For more information on tornados, visit:

<http://www.ready.gov/tornadoes>

<http://www.bt.cdc.gov/disasters/tornadoes/>



**Public Health**  
Prevent. Promote. Protect.

**Harford County  
Health Department**

120 South Hays St.

Bel Air, Maryland 21014

## *Tornado Preparedness Information Guide*



Harford County

Health Department

*“Healthy People in a Healthy Environment”*

410-877-1026

[www.harfordcountyhealth.com](http://www.harfordcountyhealth.com)

## Create a Plan

### IMPORTANT MEASURES TO TAKE

- Take a few minutes with your family to develop a tornado emergency plan. Sketch a floor plan of where you live, or walk through each room and discuss where and how to seek shelter.
- Show a second way to exit from each room or area. If you need special equipment, such as a rope or ladder, mark where it is located.
- Mark where your first-aid kit and fire extinguishers are located.
- Mark where the utility switches or valves are located so they can be turned off—if time permits—in an emergency.
- Teach your family how to administer basic first aid, how to use a fire extinguisher, and how and when to turn off water, gas, and electricity in your home.
- Learn the emergency dismissal policy for your child's school.
- Make sure your children know—
  - ⇒ What a tornado is
  - ⇒ What tornado watches and warnings are
  - ⇒ What county or parish they live in (warnings are issued by county or parish)
  - ⇒ How to take shelter, whether at home or at school

### **PRACTICE YOUR PLAN!**

## Watches vs. Warnings

### TORNADO WATCHES AND WARNINGS

A tornado **watch** is issued when weather conditions favor the formation of tornadoes, for example during a severe thunderstorm.

During a tornado watch, stay tuned to local radio and TV stations for further weather conditions

A tornado **warning** is issued when a tornado funnel is sighted or indicated by weather radar.

*You should take cover immediately*

### ***DO NOT STAY IN A MOBILE HOME DURING A TORNADO.***

Mobile homes can turn over during strong winds. Even mobile homes with a tie-down system cannot withstand the force of tornado winds.

Plan ahead, if you live in a mobile home, go to a nearby building, preferably one with a basement. If there is no shelter nearby, lie flat in the nearest ditch, ravine, or culvert and shield your head with your hands.



### **At work, school or other public buildings:**

Extra care is required in offices, schools, hospitals, or any building where a large group of people is concentrated in a small area. The exterior walls of such buildings often have large windows.

## During & After a Tornado

### **At home:**

Pick a place in the home where the family members can gather if a tornado is headed your way. One basic rule is *AVOID WINDOWS*. An exploding window can injure or kill.

The safest place in the home is the interior part of a basement. If there is no basement, go to an inside room, without windows, on the lowest floor. This could be a center hallway, bathroom or closet.

For added protection, get under something sturdy such as a heavy table or workbench. If possible, cover your body with a blanket, sleeping bag or mattress, and protect your head with anything available—even your hands. Avoid taking shelter where there are heavy objects, such as pianos or refrigerators, on the area of floor that is directly above you. They could fall through the floor if the tornado strikes your house.

### **After a Tornado:**

- Be careful when entering any structure that has been damaged.
- Wear sturdy shoes or boots, long sleeves, and gloves when handling or walking on or near debris.
- Be aware of hazards from exposed nails and broken glass.
- Do not touch downed power lines power lines or objects in contact with downed lines. Report electrical hazards to the police and the utility company.