

## **“BE PREPARED, NOT SCARED”**

Are you prepared?

Have multiple ways to get warnings such as NOAA Weather Radios, social media, friends/family, local news, sirens (if outdoors), and Wireless Emergency Alerts (WEA) on your cell phone.

When sheltering from a severe storm or a possible tornado, go to the most interior room of the home on the lowest level- away from windows.

Keep an emergency supply kit in your safe place to ensure you are ready for severe weather. Tornadoes have been recorded year-round in the Tennessee Valley with peaks in the spring and late fall.



### **ADDITIONAL INFORMATION**

For safety information, kids activities, and the opportunity to become a weather-ready ambassador, visit [weather.gov/wrn](https://www.weather.gov/wrn)

For additional safety information, visit [ready.gov](https://www.ready.gov)

For the latest forecast information and to find your local NWS office, visit [weather.gov](https://www.weather.gov)



Find your local NWS office on Facebook and X/Twitter!

## **EMERGENCY SUPPLY CHECKLIST**



**NATIONAL WEATHER SERVICE**

## PREPARE BEFORE AN EVENT

It is essential to prepare **BEFORE** an event occurs so you can prepare a kit and know where to go in the event of impactful weather.

Be sure to come up with a plan with your family and/or neighbors and know where to go when/if a warning is issued for your location!

- Practice your plan throughout the year
- Have a plan for when you are at work and when you are traveling
- Check the forecast for your destination before traveling at [weather.gov](http://weather.gov)

**ADDITIONAL INFORMATION CAN BE FOUND AT [READY.GOV/KIT](http://READY.GOV/KIT)**

## EMERGENCY SUPPLY CHECKLIST

- Water (one gallon per person per day for several days)
- Food (at least a several day supply of non-perishable food)
- Battery-powered or hand crank radio & a NOAA Weather Radio with a tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Additional clothing and shoes
- Cell phone with chargers and backup battery
- Cash or traveler's checks
- Wrench or pliers (to turn off utilities)
- Manual can opener
- Local maps
- Work gloves

## PERSONALIZE YOUR SUPPLY KIT!

- Prescription medication(s)
- Pet food/extra water for your pet(s)/leash(es)
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, & wipes
- Books/games/activities for children
- Feminine supplies and personal hygiene items
- Non-prescription medications such as pain relievers, antacids, etc.
- Accessibility needs such as the following:
  - Hearing aids
  - Oxygen tank batteries
  - Patch kit for wheelchair(s)
  - Support cane or mobility cane
  - Pen and paper to communicate
  - List of contacts/interpreters