

A banner featuring a background of green grass with a bright, sun-like bokeh effect in the upper portion. The text is overlaid on this background.

West Virginia

Spring Severe Weather Awareness Week

March 18 - March 22, 2024

West Virginia Spring Severe Weather Awareness Week March 18 - March 22, 2024

MONDAY
Thunderstorms
and Lightning



TUESDAY
Alerts and
Emergency Kits



WEDNESDAY
Tornadoes and
Tornado Drill



THURSDAY
Flash Flood
Safety



FRIDAY
Outdoor Weather
Safety



MONDAY

Thunderstorms, Winds, Hail

YouTube Video for Tornado Survivor Story #1

Facebook

This year is the 50th anniversary of the April 1974 Tornado Super Outbreak during which 148 tornadoes occurred killing 319 people across 13 states. This event serves as a good reminder that large, deadly tornadoes can happen in the mountains as several tornadoes hit southern West Virginia and southwest Virginia during the early morning hours of April 4, 1974. Thanks to our friends at WOAY, we have captured some survivor stories from the day.

<https://youtu.be/KnGbTjKaiVM?si=AiuutWGpLMfL5oh5>

X/Twitter

This year is the 50th anniversary of the April 1974 Tornado Super Outbreak which included several tornadoes hitting the mountains of southern WV. Thanks to our friends at WOAY, we have captured some survivor stories from the day.

<https://youtu.be/KnGbTjKaiVM?si=AiuutWGpLMfL5oh5>

Severe Weather can escalate quickly.

While the possibility of tornadoes can be forecast ahead of time, they can form in minutes, day or night. Will you be prepared?



Set up a way to get weather warnings any time of day



When alerted to a tornado, quickly get to a storm shelter or basement



If underground shelter isn't available, get to an interior hall away from windows



weather.gov



Facebook

Tornadoes can form in minutes, day or night. Stay Weather-Ready by having a way to receive weather alerts any time of day. If you receive a Tornado Warning, get to shelter immediately.

[weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

X/Twitter

Tornadoes can form in minutes, day or night. Stay #WeatherReady by having a way to receive weather alerts any time of day. If you receive a Tornado Warning, get to shelter immediately.

[weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

HELPING OTHERS: **THUNDERSTORMS**



Before storms, help others trim trees and pick up loose items



Get others inside at the first sign of thunder or lightning



Keep everyone inside 30 minutes after the last sign of thunder or lightning



weather.gov



Facebook

Thunderstorms are sometimes underestimated as a serious weather threat, but they can be deadly. Strong winds can turn tree branches and ordinary loose objects into dangerous projectiles — help your community stay safe by trimming trees and picking up loose items. Lightning can strike up to 10 miles away from a storm. Make sure to get everyone inside at the first sign of thunder or lightning, and keep them inside until at least 30 minutes after the last sign of thunder or lightning.

[weather.gov/safety/thunderstorm](https://www.weather.gov/safety/thunderstorm)

Twitter

Thunderstorms are sometimes underestimated as a serious weather threat, but they can be deadly. Strong winds can turn ordinary objects into dangerous projectiles, and lightning can strike up to 10 miles away from a storm. #WeatherReady

[weather.gov/safety/thunderstorm](https://www.weather.gov/safety/thunderstorm)

STORM PLANNING TIMELINE

A few days out

If the forecast calls for severe weather in a few days, start preparing now.



Make sure that you have emergency supplies



Know your safe places



Have a family communication plan

The day before

The day before, forecast accuracy continues to improve.



Adjust plans



Make sure your phone can receive WEAs



Ensure your shelter is clean and accessible

The day of

Remain vigilant and aware of any active Watches. A Warning may be issued at a moment's notice!



Remind your family of the communication plan



Know how to evacuate and/or get to safety from wherever you are



When a Warning is issued, you may only have seconds to take action!

weather.gov



Facebook

Don't wait until the day of the storm to begin protecting yourself. If the forecast calls for severe weather, begin preparing NOW. Stay Weather-Ready.

[weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

X/Twitter

Don't wait until the day of the storm to begin protecting yourself. If the forecast calls for severe weather, begin preparing NOW. Stay #WeatherReady.

[weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)



Facebook

During high winds, tree damage is expected, and loose objects can become airborne and dangerous. You are safest indoors, away from windows, in an interior room. Stay Weather-Ready and learn more about wind safety: weather.gov/safety/wind

X/Twitter

During high winds, tree damage is expected, and loose objects can become airborne and dangerous. You are safest indoors, away from windows, in an interior room. Stay #WeatherReady and learn more about wind safety: weather.gov/safety/wind



What Warrants a Severe Thunderstorm Warning?



Facebook

How does the NWS base their decision to issue a severe thunderstorm warning? The common answer we hear is if there is lightning in a storm, but that is actually not the case! During radar operations, our forecasters look for three characteristics in a storm that could warrant a warning: storms capable of producing damaging wind gusts of 58 miles per hour or greater, large hail the size of a quarter (one inch in diameter) or bigger, and/or the possibility of a tornado. If a severe thunderstorm warning is issued in your local area, you should seek shelter immediately! #readyvwx

X/Twitter

How does the NWS base their decision to issue a severe thunderstorm warning? We look for three characteristics in a storm that could warrant a warning: wind, hail, and/or the possibility of a tornado. If a warning is issued in your area, seek shelter immediately! #readyvwx

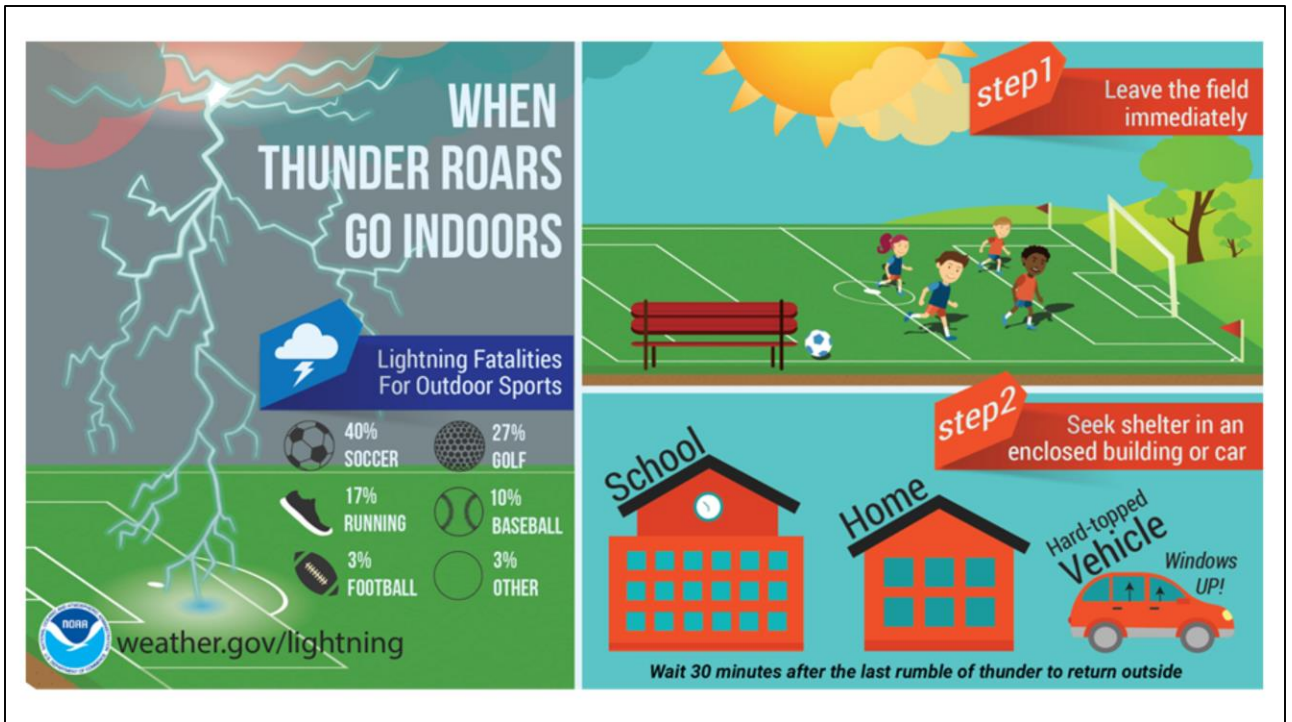


Facebook

Tornadoes, large hail, strong winds, heavy rain, and lightning are all hazards associated with severe weather. Severe weather has been reported in all 50 states, so no matter where you are, make sure you are prepared! [weather.gov/safety/thunderstorm](https://www.weather.gov/safety/thunderstorm)

Twitter

Severe weather can occur anywhere. Wherever you are, be prepared!
[weather.gov/safety/thunderstorm](https://www.weather.gov/safety/thunderstorm) #WeatherReady



Facebook

Most lightning-related deaths occur when people are having fun outside. If you hear thunder or see lightning, immediately seek shelter in an enclosed building or vehicle. Remember, When Thunder Roars Go Indoors! [weather.gov/safety/lightning](https://www.weather.gov/safety/lightning) #WeatherReady

Twitter

Most lightning-related deaths occur when people are having fun outside. When Thunder Roars Go Indoors! [weather.gov/safety/lightning](https://www.weather.gov/safety/lightning) #WeatherReady

TUESDAY

Wireless Emergency Alert (WEA), Emergency Kits, and Advertise Tornado Drill

Facebook

As we continue to look back at the April 1974 Tornadoes which struck southern West Virginia, here's another survivor story from the tornado that devastated the Meadow Bridge community. This story serves as a start reminder that we can get large, deadly tornadoes here in the mountains and that it's important to have a plan!

<https://youtu.be/KnGbTjKaiVM?si=tMcqseiQ7jvXRqZn&t=474>

X/Twitter

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<https://youtu.be/KnGbTjKaiVM?si=tMcqseiQ7jvXRqZn&t=474>

YouTube Video for Tornado Survivor Story #2

Facebook

As we continue to look back at the April 1974 Tornadoes which struck southern West Virginia, here's another survivor story from the tornado that devastated the Meadow Bridge community. This story serves as a stark reminder that we can get large, deadly tornadoes here in the mountains and that it's important to have a plan!

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Wireless Emergency Alerts (WEA)

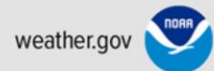
can alert you when weather threatens!



WEAs are emergency messages sent by government authorities to your mobile phone, reserved for life-threatening situations.



Keep WEAs enabled on your phone. It could save your life or the lives of others.

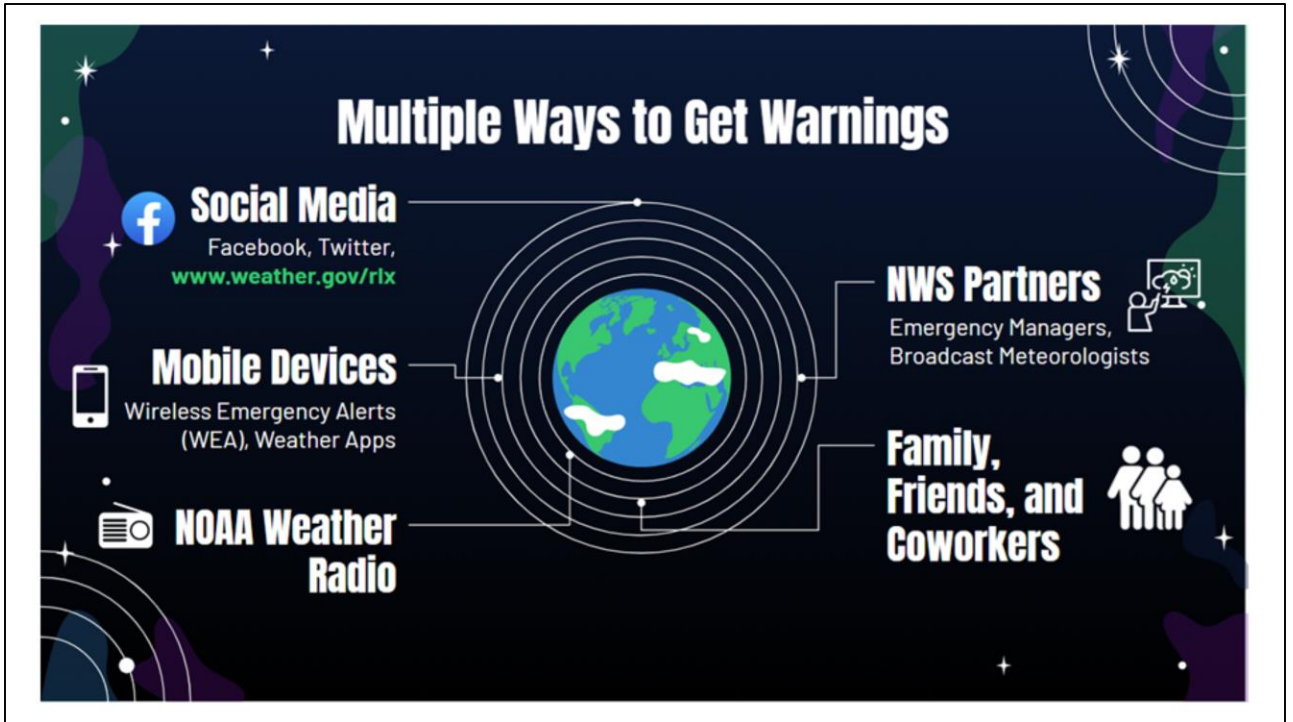


Facebook

Tornadoes occur at any time of day or night. The nighttime hours are particularly dangerous because most people are sleeping, and it can be nearly impossible to see an approaching tornado. Keep Wireless Emergency Alerts enabled on your cell phone so you will be alerted if you're in the path of a tornado. [ready.gov/alerts](https://www.ready.gov/alerts)

X/Twitter

Keep Wireless Emergency Alerts enabled on your cell phone. Find out more at [ready.gov/alerts](https://www.ready.gov/alerts) #WeatherReady

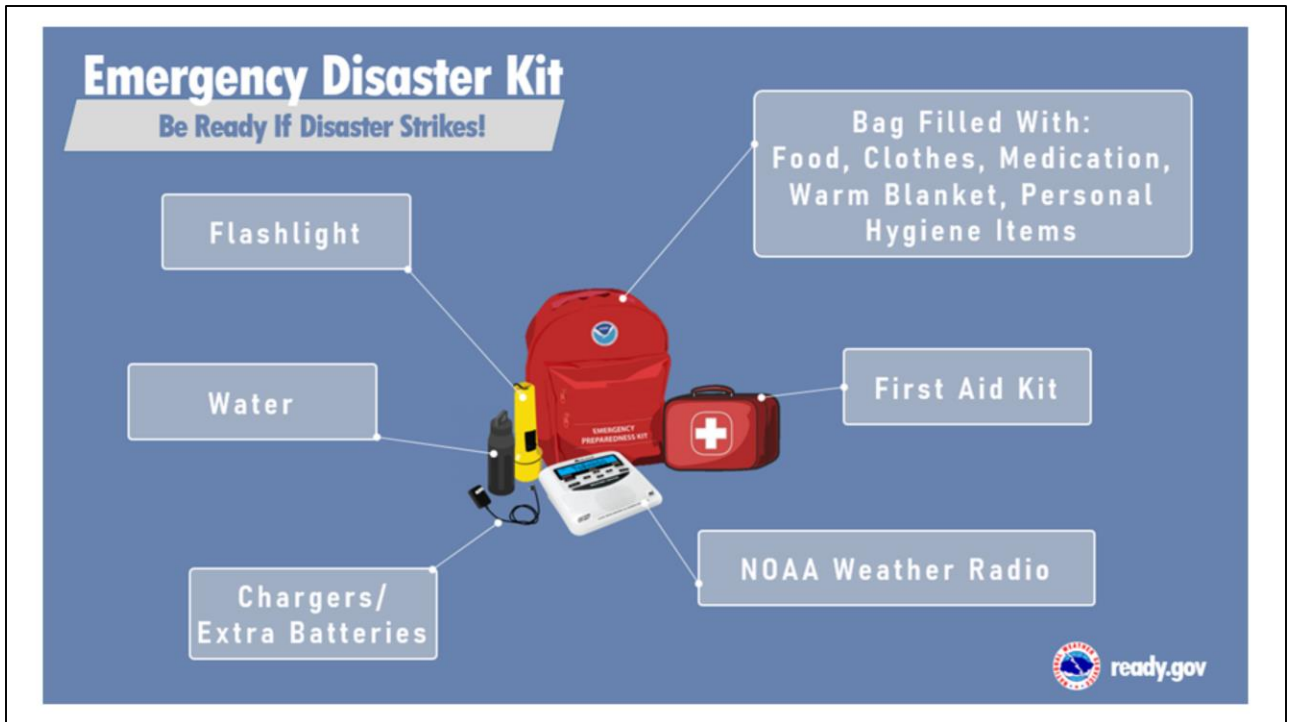


Facebook

When disaster strikes, you may have only a short time to make what might be a life or death decision. One of the most important things you can do is to be aware that a danger is present. Most of the injuries and deaths happen to people who are unaware or uninformed. For this reason, it is crucial that you have multiple ways to receive warning information.

X/Twitter

When disaster strikes, you may have only a short time to make what might be a life or death decision. One of the most important things you can do is to be aware that a danger is present. It is crucial that you have multiple ways to receive warning information. #readywvwx



Facebook

Severe weather can strike quickly, but you can plan well ahead of time by having a disaster supply kit ready to go. Pack food and water, a battery-powered radio, flashlights and batteries, a cell phone with a spare battery pack (or a portable charger/power bank), a first aid kit, a pair of shoes/socks, a list of emergency contacts, and a whistle (to signal for help)

Learn more about building your Emergency Disaster Kit at [weather.gov/owlie/emergencysupplieskit](https://www.weather.gov/owlie/emergencysupplieskit) #readywwx

X/Twitter

It is important to have a disaster supply kit ready in case of thunderstorms.

Learn more about building your Emergency Disaster Kit at [weather.gov/owlie/emergencysupplieskit](https://www.weather.gov/owlie/emergencysupplieskit) #readywwx



Facebook

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Your mobile device is one of a few ways to ensure you stay weather aware as you go through your day!

X/Twitter

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe. Your mobile device is one of a few ways to ensure you stay weather aware as you go through your day!



Facebook

Tornadoes occur at any time of day or night. The nighttime hours are particularly dangerous because most people are sleeping, and it can be nearly impossible to see an approaching tornado. A NOAA Weather Radio can alarm you when a Tornado Warning is issued. Keep the radio near your bed. You may not like getting awakened, but it could save your life.

[weather.gov/nwr/](https://www.weather.gov/nwr/)

Twitter

Get severe weather warnings at night with a @NOAA Weather Radio. [weather.gov/nwr/](https://www.weather.gov/nwr/)

#WeatherReady

The West Virginia Emergency Management Division, US National
Weather Service and West Virginia Broadcasters Association
have scheduled a



TORNADO DRILL



**Wednesday, March 20, 2024
at 11:00 a.m.**



#WVwx



The West Virginia Emergency Management Division, US National
Weather Service and West Virginia Broadcasters Association
have scheduled a



TORNADO DRILL



Wednesday, March 20, 2024
at 11:00 a.m.



#WVwx



WEDNESDAY

Tornado Safety

YouTube Video for Tornado Survivor Story #3

Facebook

Today's topic for Severe Weather Awareness Week is Tornadoes. Many folks in our region may be under the false impression that we don't have to prepare for tornadoes here. While it's true that tornadoes aren't as frequent as they are to our west, we can and do get large tornadoes here. Case in point: the April 1974 Tornado Super Outbreak which saw several large tornadoes touch down across southern West Virginia and southwest Virginia. Our friends at WOAY captured this amazing survivor story from that event!

<https://youtu.be/KnGbTjKaiVM?si=-1LUcmypn7mTIDhg&t=689>

X/Twitter

Many folks in our region may be under the false impression that we don't have to prepare for tornadoes here. The April 1974 Tornado Outbreak proved otherwise. Our friends at WOAY captured this amazing survivor story from that event! <https://youtu.be/KnGbTjKaiVM?si=-1LUcmypn7mTIDhg&t=689>

<https://youtu.be/KnGbTjKaiVM?si=-1LUcmypn7mTIDhg&t=689>

The West Virginia Emergency Management Division, US National
Weather Service and West Virginia Broadcasters Association
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TORNADO DRILL



**TODAY, March 20, 2024
at 11:00 a.m.**



#WVwx



The West Virginia Emergency Management Division, US National
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TORNADO DRILL



**TODAY, March 20, 2024
at 11:00 a.m.**



#WVwx



TORNADOES AND ROAD SAFETY

WHAT TO DO

Get off the road. The best option is to drive to a designated shelter, basement or safe room.



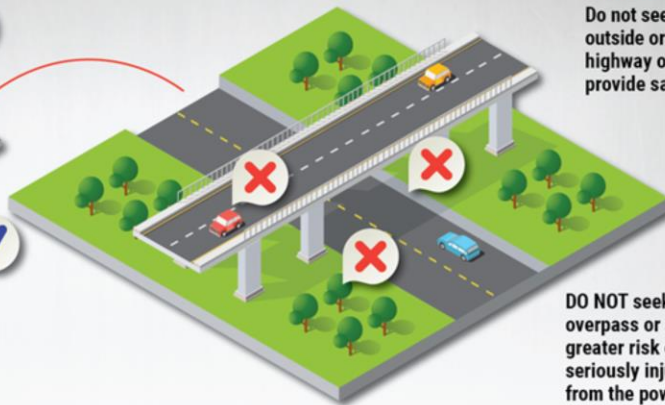
The next best option is a small, windowless room or hallway on the lowest floor of a sturdy building.

OR



WHAT NOT TO DO

Do not seek refuge in a vehicle, outside or under an overpass. A highway overpass does not provide safety from a tornado.



DO NOT seek shelter under an overpass or a tree. This puts you at greater risk of being killed or seriously injured by flying debris from the powerful tornadic winds.

Facebook

During a tornado, seeking refuge in a vehicle or under an overpass is NOT safe. If you are outside during a tornado warning, the best option is to drive to a designated shelter, basement, or safe room. [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

X/Twitter

During a tornado, seeking refuge in a vehicle or under an overpass is NOT safe. If you are outside during a tornado warning, the best option is to drive to a designated shelter, basement, or safe room. [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado) #WeatherReady

Know Where to Go

When Sheltering from a Tornado



Facebook

Imagine you're relaxing at home...when all of a sudden, a Tornado Warning comes through on your phone or NOAA Weather Radio. Where will you go to stay safe?

[weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

X/Twitter

Imagine you're relaxing at home...when all of a sudden, a Tornado Warning comes through on your phone or NOAA Weather Radio. Where will you go to stay safe? #WeatherReady

[weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

TORNADO SAFETY FOR EMPLOYERS



Label Shelter Locations: Use small interior rooms or hallways on the lowest level (away from windows, doors).



Ensure Accountability: Develop an emergency response plan and checklists to assign roles and account for everyone onsite.



Have Disaster Supplies: Keep first aid kits, food, water, and more in all shelters.



Train Staff: Ensure everyone knows what to do during emergencies. Regularly practice sheltering exercises.



weather.gov
osha.gov/tornado



Facebook

Hey, Employers, Managers, Bosses & Supervisors!

Does your workplace have a designated tornado shelter? Does your workforce know what to do when severe weather threatens?

Learn about tornado safety plans at [weather.gov](https://www.weather.gov) or at [osha.gov/tornado](https://www.osha.gov/tornado)

X/Twitter

Hey, Employers, Managers, Bosses & Supervisors! Does your workplace have a designated tornado shelter? Does your workforce know what to do when severe weather threatens?

Learn about tornado safety plans at [weather.gov](https://www.weather.gov) or at [osha.gov/tornado](https://www.osha.gov/tornado)

Be Prepared for Nighttime Tornadoes



Facebook

Tornadoes can happen at any time of day! If severe weather is forecast for your area, take a few quick moments to prepare yourself before lying down for the night.

Stay #WeatherReady and learn more at: weather.gov/safety/tornado

X/Twitter

Tornadoes can happen at any time! If severe weather is forecast, be sure to prepare before lying down for the night. Stay #WeatherReady. weather.gov/safety/tornado

Tornado Ahead?



Stay Informed
about possible severe
weather when you travel.



Keep WEAs
enabled on your phone. It
could save your life or the
lives of others.



**Take immediate action
and find shelter**
if there's a tornado or
threatening weather ahead!
Overpasses are not safe shelter.



weather.gov

Facebook

Tornado Ahead?

It's critical to stay informed about possible severe weather when you travel. Know before you go! [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

X/Twitter

It's critical to stay informed about possible severe weather when you travel. Know before you go! [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

Your Safe Place from **Tornadoes**

Tornadoes can be extremely dangerous. Safe places are storm shelters and basements, but if not available, an interior room without windows can also be protective. If you receive a tornado warning, take shelter immediately!



weather.gov



Facebook

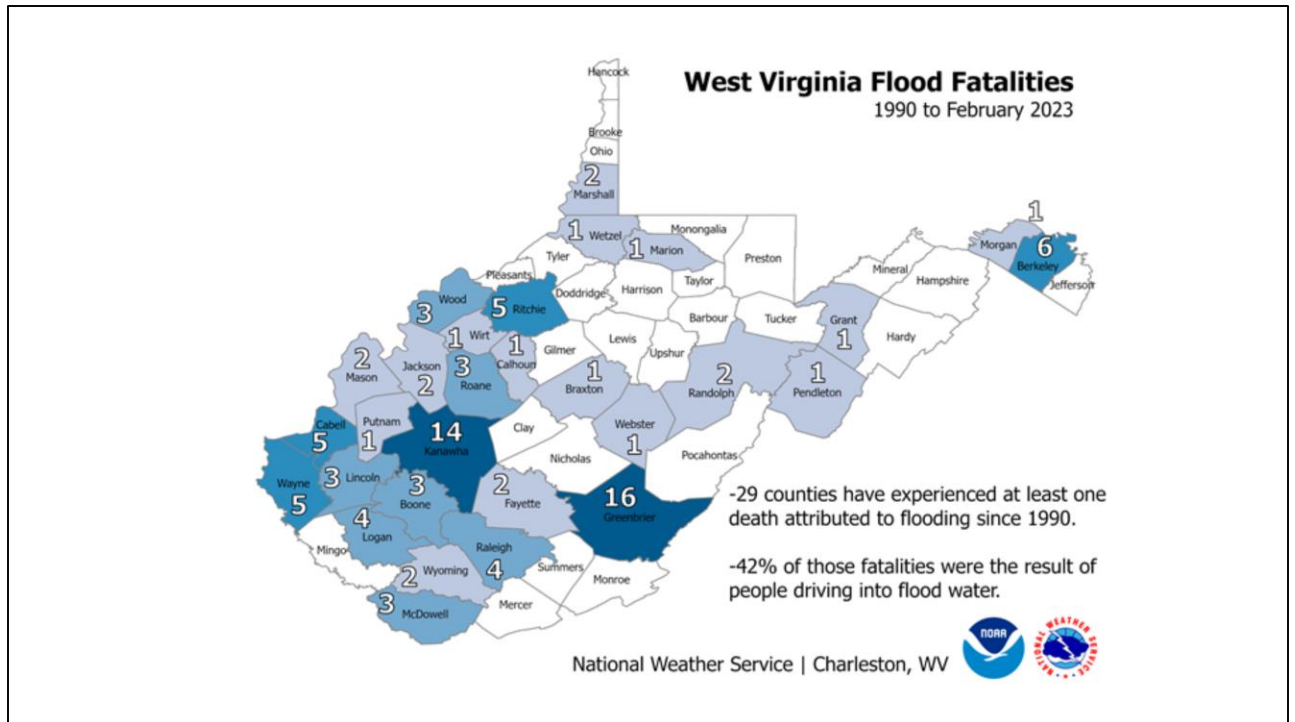
Tornadoes can be extremely dangerous. Safe places include storm shelters and basements — but if not available, an interior room without windows can also be protective. If you receive a tornado warning, take shelter immediately! [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)

Twitter

Tornadoes can be extremely dangerous. Safe places include storm shelters and basements — but if not available, an interior room without windows can also be protective. If you receive a tornado warning, take shelter immediately! [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado) #WeatherReady

THURSDAY

Flash Flood Safety



Facebook

Today's topic for Severe Weather Awareness Week is Flooding and Flash Flooding. Unfortunately, too many people lose their lives each year due to flooding. Over half of West Virginia's counties have a recorded flood death and 42% of those fatalities were the result of folks driving into flood water. Remember Turn Around Don't Drown when encountering flooded roadways! www.weather.gov/safety/flood-turn-around-dont-drown

X/Twitter

Too many people lose their lives each year due to flooding. Over half of WV's counties have a recorded flood death. 42% of those fatalities were the result of folks driving into water. Remember Turn Around Don't Drown when encountering flooded roads! www.weather.gov/safety/flood-turn-around-dont-drown

YouTube Video for Flood Survivor Story

Facebook

With floods and flash floods on our minds today during Severe Weather Awareness Week, our friends at WOAY captured this amazing survivor story from the Mullens, WV flood of 2001.

<https://youtu.be/daK1ywyYxr8?si=VytnDC-9md8eVns3>

X/Twitter

With floods and flash floods on our minds today during Severe Weather Awareness Week, our friends at WOAY captured this amazing survivor story from the Mullens, WV flood of 2001.

<https://youtu.be/daK1ywyYxr8?si=VytnDC-9md8eVns3>

STAY OUT OF FLOODWATERS



Floodwaters hide dangers that can cause sickness, injury or even death.



Animals & insects



Dangerous chemicals



Live wires



Sewage



Harmful bacteria



Sharp objects & debris



weather.gov



Facebook


Play in the pool, not in floodwaters! Floodwaters can contain dangerous chemicals and objects that could harm you or make you sick. noaa.gov/resource-collections/watersheds-flooding-pollution

X/Twitter

Play in the pool, not in floodwaters! Floodwaters can contain dangerous chemicals and objects that could harm you or make you sick. noaa.gov/resource-collections/watersheds-flooding-pollution #WeatherReady #readywwwx


Flash Flood EMERGENCY



ISSUED FOR...
Exceedingly rare situations when a severe threat to human life and catastrophic damage from a flash flood is happening or will happen soon.

 This is a life-threatening situation! Do not attempt to travel unless you are fleeing an area subject to flooding or under an evacuation order.

Flash Flood WARNING

ISSUED WHEN...
Dangerous flash flooding is happening or will happen soon. Some roads will be flooded. Homes and businesses may flood.

 Move to higher ground.
Never drive through flooded roads.

Facebook

A Flash Flood WARNING is issued when dangerous flash flooding is happening or will happen soon. This can be issued due to excessive heavy rain or a dam/levee failure.

A Flash Flood EMERGENCY is issued for the EXCEEDINGLY RARE situations when extremely heavy rain is leading to a severe threat to human life and CATASTROPHIC DAMAGE from a flash flood is happening or will happen soon. Typically, emergency officials are reporting LIFE-THREATENING water rises resulting in water rescues/evacuations.



LEARN ABOUT FLOODING IN YOUR STATE

What kind of flooding
can you expect?



weather.gov/floodsafety

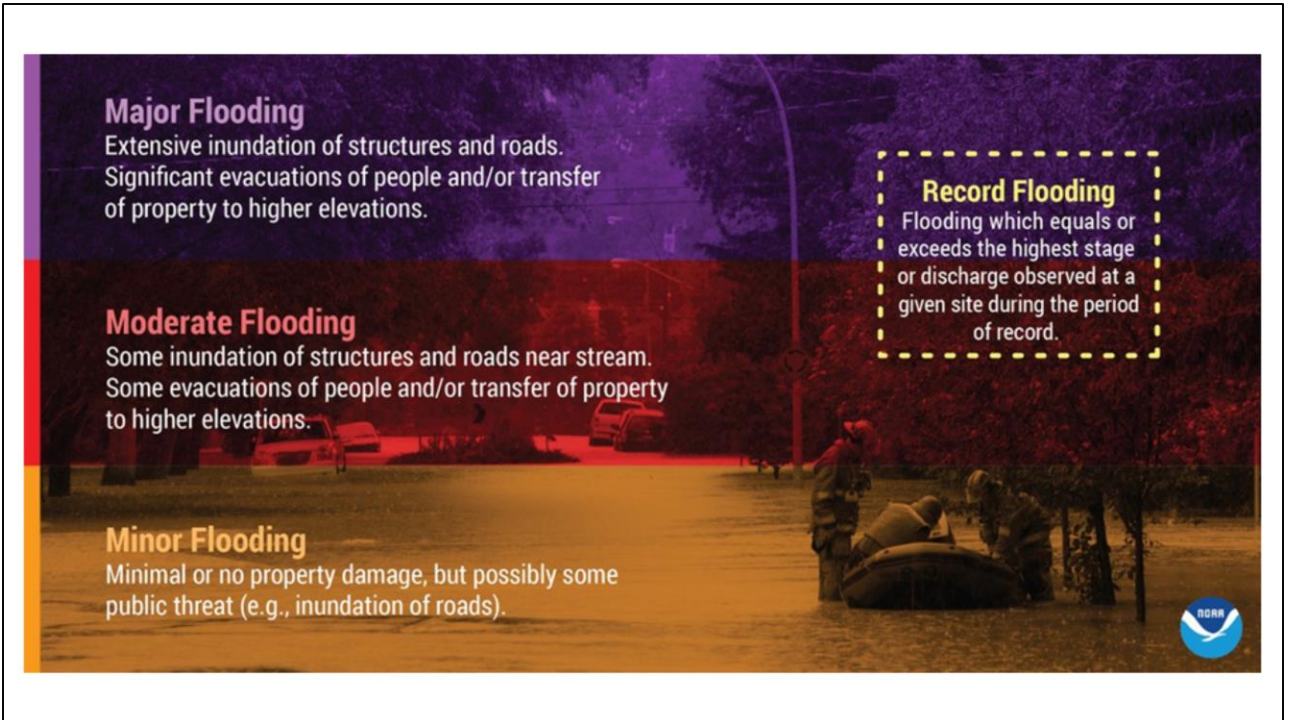


Facebook

It's important to know what kind of flooding you can expect in your area so that you know how to prepare. Visit weather.gov/safety/flood-map to find out what kind of flooding could impact your home!

X/Twitter

Know what kind of flooding you can expect in your area. weather.gov/safety/flood-map
#WeatherReady



Facebook

River flooding occurs when heavy rain and runoff fill the river basins with water too quickly. Do you live along a creek or river? Find the local river observations and flood forecasts on our [webpage!](#)

X/Twitter

River flooding occurs when heavy rain and runoff fill the river basins with water too quickly. Do you live along a creek or river? Find the local river observations and flood forecasts on our [webpage!](#)

A safety poster for flash flooding. On the left is a photograph of a road at night with water splashing from a car's headlights. The right side has a green background with white and orange text. At the top, 'FLASH FLOODING' is written in large white letters. Below that, two columns of text in orange and white state: '6 INCHES CAN SWEEP YOU OFF YOUR FEET.' and '2 FEET CAN WASH AWAY MOST CARS.' Below the text are silhouettes of a person and a car standing on a blue wavy line representing water. A white ruler is positioned below the water line. At the bottom, the text reads 'NEVER DRIVE THROUGH FLOODED ROADWAYS!' and 'TURN AROUND, DON'T DROWN!' in large, bold letters. The National Weather Service logo and name are in the bottom left corner.

FLASH FLOODING

6 INCHES
CAN SWEEP
YOU OFF YOUR FEET.

2 FEET
CAN WASH AWAY
MOST CARS.

NEVER DRIVE
THROUGH FLOODED ROADWAYS!

TURN AROUND, DON'T DROWN!

 NATIONAL WEATHER SERVICE
NATIONAL OCEANIC & ATMOSPHERIC ADMINISTRATION

Facebook

Don't underestimate the power of water. It only takes 6 inches of fast-moving water to knock over and carry away an adult, and 12 inches to carry away a small car. Turn Around Don't Drown! [weather.gov/safety/flood-turn-around-dont-drown](https://www.weather.gov/safety/flood-turn-around-dont-drown)

X/Twitter

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FRIDAY

Outdoor Weather Safety

CAMPING SAFETY TIPS



FLASH FLOODING

Know Your Action

Avoid hiking in canyons
Don't camp near streams or rivers



HEAT

Know Your Action

Remain hydrated/bring extra water
Wear light, loose fitting clothing
Use sunscreen
Take breaks in shade



LIGHTNING

Know Your Action

Remain weather-ready
If you hear thunder or see lightning...
go immediately to an enclosed
building or hard-topped vehicle.
Avoid isolated tall trees or ridge tops.

KNOW BEFORE YOU GO

Check the forecast at [weather.gov](https://www.weather.gov)
Always pack for inclement weather,
regardless of the forecast!



Facebook

Summertime means camping and fun outdoors, but it also means that thunderstorms could be in the forecast. Before setting out on the trail this summer make sure to check the forecast and have a plan of action in the event of severe weather!

X/Twitter

Summertime means camping and fun outdoors, but it also means that thunderstorms could be in the forecast. Before setting out on the trail this summer make sure to check the forecast and have a plan of action in the event of severe weather!

Weather-Ready for Nature?



Flash Flooding

Heavy rainfall can cause flooding in a flash. Use caution when hiking in canyons or camping near streams and rivers.



Excessive Heat

Bring extra water and remain hydrated. Use sunscreen and wear light, loose-fitting clothing. Take breaks in the shade.



Lightning

If you hear thunder or see lightning, go immediately to an enclosed building or hard-topped vehicle (if possible). Avoid isolated tall trees or ridge tops.

weather.gov



Facebook

The Great Outdoors are wondrous, awe inspiring, and both physically and mentally beneficial to experience. However, the Great Outdoors bring with them various weather and environmental hazards that can ruin your adventure and even be very dangerous. It is very important to know your risks, take action to prepare, and minimize those risks, and serve as an example for others to emulate. Learn about Weather Safety while enjoying the outdoors at www.noaa.gov/explainers/great-outdoors-weather-safety

X/Twitter

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Get to safety if the weather looks threatening

Thunderstorms pose a hazard to mariners
They bring dangerous wind and lightning
Head to land at the first sign of a storm



weather.gov/thunderstorm

Facebook

Thunderstorms can be a mariner's worst nightmare. They can develop quickly and can produce strong wind, pounding rain, deadly lightning, and damaging hail with very few places for shelter. Even marginal thunderstorm winds can capsize certain boats and other floating vessels. If you are out on the open water and see clouds quickly growing in the distance, thunderstorms may be developing. Don't wait until you can hear thunder or see lightning. It is best to head to port or safe shelter at the first sign of a developing storm.

weather.gov/safety/safeboating-during

X/Twitter

Boaters: When storms start to form, head to port or safe shelter immediately!

weather.gov/safety/safeboating-during #WeatherReady

Weather Safety

ON THE LAKE

Know the forecast before heading out

Have a portable weather radio or an AM/FM radio in the boat

If skies turn threatening, head to shore!

[weather.gov/lightning](https://www.weather.gov/lightning)



Facebook

There is no place outside that is safe when a thunderstorm is in the area. Stop the activity immediately and get to a safe place immediately. Substantial buildings with wiring and plumbing provide the greatest amount of protection. Office buildings, schools, and homes are examples of buildings that would offer good protection.

X/Twitter

There is no place outside that is safe when a thunderstorm is in the area. Stop the activity immediately and get to a safe place immediately. Office buildings, schools, and homes are examples of buildings that would offer good protection.

Caught in a Rip Current? Here's How to Survive



Relax, stay calm and float to conserve energy



Do not swim against the current



Swim out of the current by following the shoreline or breaking waves, then at an angle toward the beach



If you can't reach shore, call or wave for help



weather.gov/beach

Facebook

Rip currents can sweep even the strongest swimmer away from shore. If at all possible, stay near a lifeguard while swimming. Learn more at: weather.gov/beach

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Rip currents can sweep even the strongest swimmer away from shore. If at all possible, stay near a lifeguard while swimming. Learn more at: weather.gov/beach #WeatherReady

PROTECT ALL THE SKIN YOU'RE IN



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

CS277180

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The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations from the CDC to help protect yourself and your family:

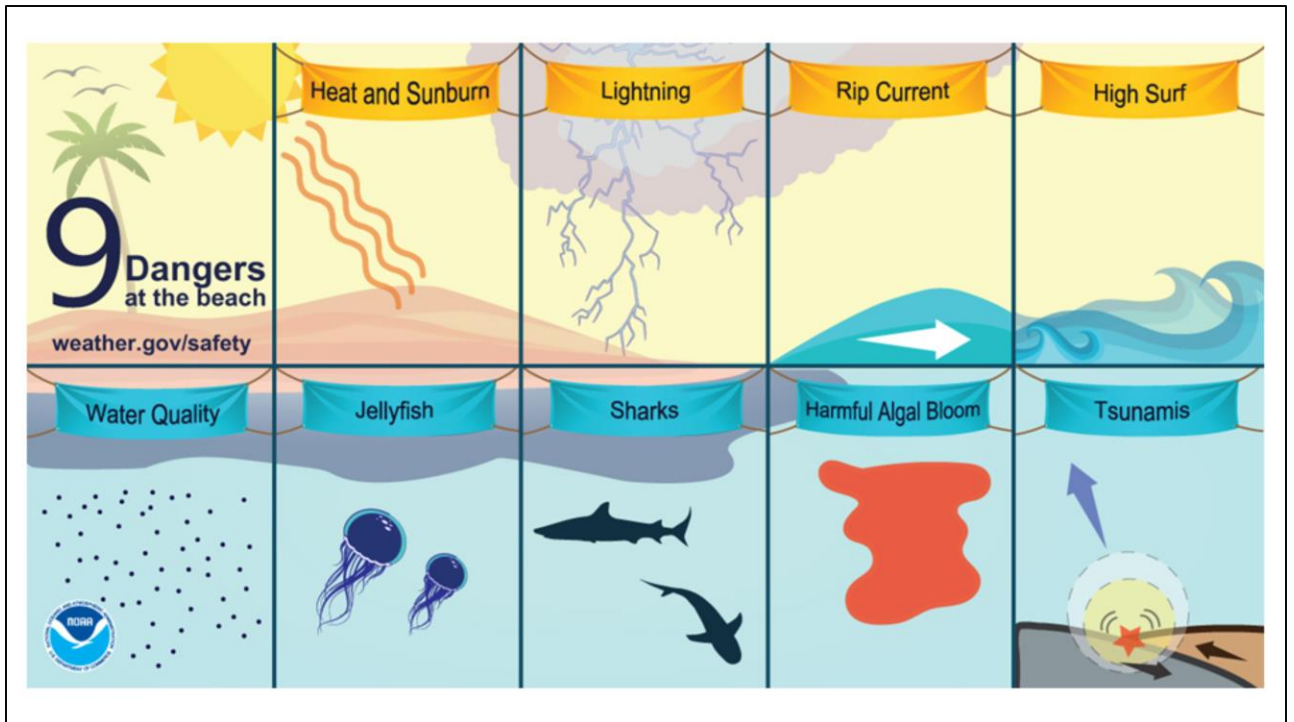
cdc.gov/cancer/skin/basic_info/sun-safety.htm

X/Twitter

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Even when it's sunny, you've gotta be #WeatherReady!



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Trips to the beach aren't always fun in the sun. From strong rip currents to dangerous marine life, discover the Nine Dangers at the beach.

oceanservice.noaa.gov/news/features/july13/beachdangers.html

X/Twitter

Have fun at the beach, but be safe! Discover the Nine Dangers at the beach:

oceanservice.noaa.gov/news/features/july13/beachdangers.html #WeatherReady