



## **Protect Yourself From Injury After a Tornado**

Don't become a victim after the storm.

After a tornado, buildings become unstable, power lines fall and utility lines break. As you begin to clean up, protect yourself and your family by following simple safety steps.

### **The basics:**

Listen to emergency officials about which areas are safe and which are not.

Watch out for nails and broken glass.

Do not touch downed power lines or anything touching a downed line.

Use flashlights – not candles. Candles are a fire hazard.

Look for flammable liquids, spilled medicines or drugs, and clean them up.

Avoid lifting anything that weighs more than 50 pounds.

### **Clothes:**

- Wear sturdy shoes or boots, long sleeves and gloves.
- Wear safety glasses or protective eye wear.

### **Food:**

- Throw out meat, poultry, fish, soft cheeses, milk, eggs, leftovers and deli items that haven't been refrigerated for more than two hours.
- Never taste a food to determine its safety.
- In the freezer, if the food still contains ice crystals or is at 40° F or below, the food is safe.

### **Chain saws:**

- Read the operator's manual.
- Wear the proper clothing.
- Use extreme caution or get professional help.
- Work in pairs.
- Keep both hands on the saw while it is running.

### **Generators:**

- Read the operator's manual.
- Use outside, away from windows and doors.
- Connect appliances one at a time to the generator.
- Only a qualified electrician can hook a generator directly to your household wiring.
- Don't use extension cords unless you have to. If you must use them, make sure they have adequate capacity and check them often to make sure they have not become hot.

### **Damaged buildings:**

- Be careful when entering any structure that has been damaged.
- If you think you have structural or electrical problems or a gas leak, contact local officials, and shut off the source of electricity or gas.
- If you smell gas, open the windows and leave immediately. Don't flip light switches or do anything that could cause a spark.

Both domestic and wild animals may be lost, disoriented, orphaned or injured. Do not approach them. Contact your local animal control agency or emergency veterinarian