



# SAFETY DIRECTOR BULLETIN



## TORNADO BEST PRACTICES

While New Jersey is not Tornado Alley, we do get tornadoes occasionally. Infrequent events can lead to complacency. Let's review some best practices when dealing with tornadoes.

### Be Prepared

Start protecting yourself and your family now, before the next storm. In the immediate aftermath of a tornado, local emergency services will be stressed. You should have an emergency kit that will enable you to take care of yourself for at least a couple of hours and up to a day or two. The contents of the kit should include:

- Battery-operated radio with spare batteries or an internet-enabled device to listen to the latest information.
- Water, non-perishable food, and medications for family members and pets.
- Important contact information and medical records.

Talk to children about tornado watches and warnings, what county they live in (warnings are typically issued by county), and what constitutes a safe shelter.

### Stay Aware of Weather Conditions

To protect yourself and your family from harm during a tornado, pay close attention to changing weather conditions in your area. If you know thunderstorms are expected, stay tuned to local radio and TV stations or a NOAA weather radio for further weather information.

You can also set your phone to receive weather warnings and watches.

- **Tornado Warning** means that either a tornado has been spotted or radar has picked one up.
- **Tornado Watch** would mean there is a good chance that a tornado will form in an affected area.

### Know Where to Take Shelter

Falling and flying debris cause most deaths and injuries during a tornado. Talk to your family about options for where to take shelter in or around your home. Although there is no completely safe place during a tornado, some locations are much safer than others.

- Go to the basement or an inside room without windows on the lowest floor (bathroom, closet, center hallway).
- If possible, avoid sheltering in a room with windows.
- For added protection, get under something sturdy (a heavy table or workbench). Cover your body with a blanket, sleeping bag, or mattress. Protect your head with anything available.
- Do not stay in a mobile home.

If you are outside, find a nearby building, preferably with a basement. If you are in a car, do not try to outrun a tornado but instead find the nearest sturdy building.

For more information, visit the [CDC Tornadoes: Before, During and After](#) webpage. Also, the [Ready.gov](#) webpage has guidance for individuals, families, and businesses.