



## Delaware County Public Health

709 West Main St., P.O. Box 359  
Manchester, IA 52057  
563 927-7551 Fax 563 927-7577  
[www.regmedctr.org](http://www.regmedctr.org)



# Staying Safe in Spring Storms

**Spring brings much-needed relief from winter, but it also is prime season for tornadoes and thunderstorms. Consider these safety tips.**

### Thunderstorms

- If you can hear thunder, lightning is a danger.
- Take shelter if skies look threatening.
- Stay indoors, away from doors and windows.
- Avoid taking a shower or bath and using the telephone.
- Turn off or unplug all electrical appliances.

### Tornadoes

- Tornadoes are often accompanied by heavy rain, thunder, lightning or hail.
- In threatening weather, listen for authorized watches and warnings.
- If a tornado warning alarm sounds, take cover in a basement or first-floor, interior room without windows.
- Never stay inside a mobile home or take shelter beneath one; go to the nearest shelter or take cover in a ditch or depression in the ground away from the home.

### Create a disaster kit

A disaster kit is essential in severe weather. Here are some basic items that should be kept together in a safe, waterproof and easy-to-access area:

- First aid kit, including your family members' medications
- Canned food and a can opener
- Bottled water
- Clothing
- Battery-powered radio
- Flashlights and extra batteries
- Hygiene items
- Written instructions on how to turn off electricity, gas and water

Delma Hardin, RN, BSN  
Delaware County Public Health Manager  
PH: 563-927-7551