Inside this issue:
Tornadoes 1
Activities 2
Tornadoes (cont) 3
Quote 3
CODERED 4
Tornadoes (cont) 4
Gateway Volunteer Network 4

TORNADOES
https://www.ready.gov/tornadoes

Tornadoes can destroy buildings, flip cars, and create deadly flying debris. Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground. Tornadoes can:

- Happen anytime and anywhere;
- Bring intense winds, over 200 MPH; and
- Look like funnels.

IF YOU ARE UNDER A TORNADO WARNING, FIND SAFE SHELTER RIGHT AWAY.

- If you can safely get to a sturdy building, then do so immediately.
- Go to a safe room, basement, or storm cellar.
- If you are in a building with no basement, then get to a small interior room on the lowest level.
- Stay away from windows, doors, and outside walls.
- Do not get under an overpass or bridge. You’re safer in a low, flat location.
- Watch out for flying debris that can cause injury or death.
- Use your arms to protect your head and neck.

HOW TO STAY SAFE WHEN A TORNADO THREATENS

Prepare NOW

- Know your area’s tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.
ACTIVITIES

The Edwardsville High School Health Occupations Students of America chapter completed hand washing classes at Nelson Elementary (second graders) and Goshen Elementary (pre-K to second graders) schools.

An Orientation Training session for ten SIUE School of Nursing Students was held on February 12, 2019. It was so nice to meet these students and we look forward to working with them in the future.

We will be holding a Medical Reserve Corps Orientation Training session on Wednesday, April 24, 2019, from 5:30 to 7:30 P.M. here at the health department. All MRC Volunteers are required to attend one session. Reminders will be sent to all volunteers who need to attend a session.

Save the dates! We are working with the Madison County Emergency Management Agency (EMA) to hold a drill on April 27, 2019 to test a Volunteer Reception Center Plan. The Gateway Volunteer Network is, also, planning a Point of Dispensing (POD) training on July 20, 2019 for all bi-state MRC Volunteers. Detailed information will be sent as we near these dates.

It is almost time for another Medical Reserve Corps Volunteer Recall Drill using our One Call Now system. Please remember that 618-296-7300 is the Madison County/One Call Now number that will appear on your Caller ID. 877-698-3261 is the One Call Now call back number to hear missed messages. You may want to program these numbers into your cell phone so that you can respond as quickly as possible.

One of our MRC Volunteers continues to work on Logistics to help prepare for our regional exercise in October 2019. Our other volunteer continues her work on Clinic Utilization data, Illinois Youth Survey data, and Health Disparities in the Hispanic Population.

We attended a Citizen Corps Council Meeting in January and began discussion about holding a Madison County preparedness event.
**TORNADOES (cont)**

- Know the signs of a tornado, including a rotating, funnel-shaped cloud; an approaching cloud of debris; or a loud roar—similar to a freight train.

- Sign up for your community’s warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, then become familiar with the warning tone.

- Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.

- Identify and practice going to a safe shelter in the event of high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room on the lowest level of a sturdy building.

- Consider constructing your own safe room that meets FEMA or ICC 500 standards.

**Survive DURING**

- Immediately go to a safe location that you identified.

- Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

- Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

- Do not try to outrun a tornado in a vehicle.

- If you are in a car or outdoors and cannot get to a building,

(Cont on page 4)
cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

Be Safe AFTER

- Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.
- If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.
- Stay clear of fallen power lines or broken utility lines.
- Do not enter damaged buildings until you are told that they are safe.
- Save your phone call for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.
- Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

We hope that this information will help you and your families prepare and stay safe in the event of a tornado.