



# Summer Weather

## Fast Facts for Preparedness

Summer time means long summer nights, vacation & more free time spent outdoors; but with summer also comes hot, often unpredictable weather. When severe weather hits unexpectedly, the risk of injury and death increases, so planning makes sense. Prepare for **heat, thunderstorms, hurricanes and floods** using the following tips!

### Emergency Supply Materials

- Water (one gallon per person per day for at least 3 days)
- Food (at least 3 days of non perishable food)
- Battery powered weather radio with extra batteries
- Flashlight & extra batteries
- Whistle to signal for help
- First Aid Supply Kit
- Local Maps
- Phone Charger
- Important family documents and contacts
- Dust mask, plastic sheeting and duct tape to shelter in place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food
- Prescription Medications
- Sleeping bag(s) & blankets
- Pet food & extra water
- Extra clothing

### Monitor Weather Forecasts

**Advisory:** Be aware that bad weather is likely

**Watch:** Be prepared for bad weather to happen, likelihood of conditions are increasing

**Warning:** Severe weather is imminent or already occurring, take necessary precautions

**Stay Informed!** Download a weather app and sign up for alerts (AccuWeather, WTNH, The Weather Channel)

### Family Communication Plan

Involve the **whole** family in the conversation! Develop an emergency preparedness plan, discuss the type of emergencies possible in your area. Identify important contacts and relocation points. Review where your emergency supplies are stored and replenish regularly. Make sure they know how to turn off the water, gas, and electricity in your home and understand when doing so is necessary.



Protect your skin! Don't forget to apply sunscreen and bug repellent while spending time out doors.

# Weather Safety

## Heat Exhaustion

### Signs and symptoms include:

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur.

- Sweating
- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

- Stay hydrated when out
- Take time to rest throughout the day

Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly  
(National Safety Council)

## Lightning / Thunderstorms

When you see lightning, count the time until you hear thunder. If that time is 30 seconds or less, the thunderstorm is within six miles of you and is still dangerous. **Seek shelter IMMEDIATELY.**

**TIP: When Thunder Roars, Go Indoors!**

## Hurricanes

Hurricanes are massive storms that form over warm ocean waters & move toward land. The Atlantic Hurricane season runs **June 1st through November 30th** but is most active in September.

Determine your best protection for **high winds & flooding**. **High Winds:** take shelter in a designated storm shelter or a small, interior, windowless room or hallway on the lowest level - always evacuate if told to do so.

## Flooding

Keep important documents in a waterproof container.  
Create password-protected digital copies.  
Protect your property. Move valuables to higher levels.  
De-clutter drains and gutters. Install check valves.  
Consider a sump pump with a battery.

- If your vehicle is trapped in rapidly moving water, then stay inside. If water is rising inside the vehicle, then seek refuge on the roof.
- If trapped in a building, then go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Once there, signal for help

Do not walk, swim, or drive through flood waters.  
**Turn Around. Don't Drown!**

## After a Storm

Assess your surroundings for danger:

- Watch for downed power lines that are still live
- Avoid wading in flood water - wear protective clothing during clean up & always work with someone else.
- Look out for broken glass, nails and other sharp debris.

**Check on your neighbors!**



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# Prepare & Stay Aware!

Information amended from ready.gov