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# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## SPRING WEATHER SAFETY TIPS

Spring has officially arrived in Morgan County! With longer daylight hours and temperatures now in the 50's, you may be busy planning your summer gardens and starting your spring cleaning. These are great activities to stay active this spring and a bounty of fresh produce this summer will add healthy food choices to your diet for months! Spring also brings new weather patterns that can include severe thunderstorms and tornadoes. Take time now to refresh your knowledge on what to do if severe spring weather hits.

So, what can you do now to be prepared? A great way to start is by setting up a way to stay informed about the weather around you. Get familiar with where to find weather reports on your television and download weather apps on your smart phone. Consider purchasing a NOAA weather radio that will keep you informed of the weather and can operate on batteries when the power is out. Did you know the Morgan County EMA can send alerts in emergency situations straight to your phone through a program called CodeRED? A link to sign up for CodeRED can be found on our webpage at <https://morganpublichealth.org/family-preparedness/> or contact Morgan EMA for more information at 740.962.3900.

Next, let's review the terms watch and warning. A watch alerts the public to the possibility of events such as thunderstorms, flooding and tornadoes. A warning is issued when hazardous conditions are imminent or occurring. In short, watches mean be prepared and warnings mean take action!

Now that we know how to stay informed and the difference between a watch and a warning, let's review a few tips from [www.weather.gov/safety](http://www.weather.gov/safety) for staying safe during these severe weather events.

### Thunderstorm:

- Keep trees trimmed and loose items picked up before storms arrive to limit dangerous projectiles from strong winds.
- Seek shelter inside at the FIRST sign of thunder or lightning and stay inside for 30 minutes after the LAST sign of thunder or lightning.
- Thunderstorms can escalate quickly, stay away from windows once indoors. If a building is not nearby, get inside a vehicle.

### Flooding:

- Have a plan in place to move to higher ground immediately if a flood warning is issued for your location.
- Never enter flood waters in a vehicle or on foot. Turn around, don't drown. It only takes 6" of water to knock you off your feet and 12" to carry away a small car. It is impossible to know how deep the water is just by looking at it.

### Tornado:

- Tornadoes can form in minutes, day or night. Stay Weather-Ready by having a way to receive weather alerts any time of day.
- Know your safe place and be ready to act quickly if a warning is issued. Safe places include storm shelters and basements — but if not available, an interior room without windows can also be protective. If you receive a tornado warning, take shelter immediately. Stay in place until all is clear and the warning has ended.

Knowing what to do before these types of events occur is essential to protect lives. Make a plan, be prepared. The greatest wealth of the community is the health of the people.