

Weather Happens, Be Prepared.

# Severe Weather Awareness Week

April 15-21, 2012

## Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Manual can opener for food (if kit contains canned food)
- Special needs for baby, pets, the elderly and disabled
- Medical needs including prescription medication
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Important telephone numbers including utility company
- Local maps
- Cell phone with charger

**Artwork by:** 2011 Severe Weather Awareness First Place Poster Contest Winner, Rachael Kuiper - 5th Grade - Fremont Christian School, Fremont, MI

**Banner title by:** 2008 Severe Weather Awareness Second Place Poster Contest Winner, Anneke Lehmann - 5th Grade - West Michigan Academy of Arts & Academics, Spring Lake, MI

The severe weather awareness poster contest is open to any Michigan student enrolled in fourth or fifth grade. See back for official rules on the annual poster contest. For more information contact the National Weather Service at (616) 949-0643 Ext. 493 or the Michigan Committee for Severe Weather Awareness Web site at: [www.mcswa.com](http://www.mcswa.com)

Sponsored by:



The Michigan Committee for Severe Weather Awareness

IF YOU'RE  
PREPARED



YOU'LL  
BE PREPARED

## The Michigan Committee for Severe Weather Awareness

The Michigan Committee for Severe Weather Awareness was formed in 1991 to improve the public's awareness of severe weather events in Michigan. The committee provides educational information through a variety of activities to foster increased preparedness and protection from the effects of severe weather.

One of the most successful activities of the committee is the Severe Weather Awareness Poster Contest. The contest is open to any Michigan student enrolled in fourth or fifth grade. The artwork portrayed on this poster is a previous year's winner.

The committee is grateful for the continued support it receives from its member organizations, especially for the generous contributions of the Michigan State Police and State Farm Insurance in supporting the development of this Severe Weather Awareness Week poster campaign. Their partnership and participation on the committee contribute significantly to accomplishing the committee's goal of increasing the public's awareness of severe weather.

Because of the committee's efforts in developing the severe weather poster contest and several weather hazard awareness campaigns, the Michigan Committee for Severe Weather Awareness received the National Weather Association's Public Education Award for the year 2000. The NWA Public Education Award is presented annually to an individual, group or organization providing significant contributions to increase the public's weather awareness.

The committee is comprised of the following organizations: Insurance Institute of Michigan, National Weather Service, Michigan Departments of State Police, Environmental Quality, and Community Health, WDIV-TV, State Farm Insurance, Michigan Earth Science Teachers Association, Michigan Emergency Management Association, American Red Cross, Michigan Sheriffs' Association and Consumers Energy.

## 2012 Severe Weather Awareness Poster Contest

Sponsored by the Michigan Committee for Severe Weather Awareness



**First Prize** \$200 U.S. Savings Bond  
**Second Prize** \$100 U.S. Savings Bond  
**Third Prize** \$75 U.S. Savings Bond  
**Honorable Mention** \$50 U.S. Savings Bond

**Eligibility** - The contest is open to any Michigan student in **fourth or fifth grade**.

**Deadline - Received by February 15, 2012**

Topic - Artwork must illustrate what individuals and families should do to prepare for Michigan severe weather, such as snowstorms, severe cold, tornadoes, thunderstorms, lightning or floods.

The committee is looking for posters with a **simple, clear message**. Lettering should be easy to read, and artwork should be bright and visible and complement the message.

Winning posters from previous years can be viewed at: [www.mcswa.com](http://www.mcswa.com)

### OFFICIAL RULES

<b>Who may enter:</b>	Any Michigan student in fourth or fifth grade during the 2011-2012 school year.
<b>Mailing:</b>	Posters must be packed, wrapped flat and mailed to: <b>National Weather Service Office</b> <b>9200 White Lake Road</b> <b>White Lake, MI 48386</b>
<b>Deadline:</b>	Posters must arrive in the National Weather Service Office no later than February 15, 2012. Winners will be notified by mail no later than March 15, 2012.
<b>Poster Specification:</b>	<ol style="list-style-type: none"><li>1. Posters must be submitted on tag, poster or illustration board.</li><li>2. The overall dimensions shall be approximately 15" x 20".</li><li>3. All artwork must be original and may be any media desired with the exception of pencil, chalk, charcoal or glitter.</li><li>4. Stenciled, traced, computer-generated or commercially manufactured stick-on lettering or graphics are prohibited.</li><li>5. All posters will become the property of the Michigan Committee for Severe Weather Awareness.</li><li>6. Posters will be judged on both the clarity of the preparedness message and the quality of the art. <b>Posters with misspelled words will be eliminated.</b></li></ol>
<b>Identification:</b>	The following information shall be PRINTED on the back of the poster: <ol style="list-style-type: none"><li>1. Artist's name, age and grade.</li><li>2. Artist's home address, telephone number and names of parents.</li><li>3. Name, address and telephone number of school.</li><li>4. Name of art instructor or classroom teacher, if any.</li></ol>

For more information, contact: **Mark Walton, National Weather Service, 616-949-0643, Ext. 493** or **Richard Pollman, National Weather Service, 248-625-3309, Ext. 726**

### Web Links

Michigan Committee for Severe Weather Awareness - [www.mcswa.com](http://www.mcswa.com)  
MSP Emergency Management & Homeland Security Division - [www.michigan.gov/emhsd](http://www.michigan.gov/emhsd)  
American Red Cross - [www.redcross.org](http://www.redcross.org)  
Michigan Prepares - [www.michigan.gov/prepare](http://www.michigan.gov/prepare)  
Michigan Cyber Security - [www.michigan.gov/cybersecurity](http://www.michigan.gov/cybersecurity)  
Ready America, Ready Business, Ready Kids - [www.ready.gov](http://www.ready.gov)  
FEMA - [www.fema.gov](http://www.fema.gov)

### Extreme Heat Safety Tips

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Persons who have epilepsy or heart, kidney or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Dress in loose-fitting, lightweight and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

### Basic Emergency Supply Kit

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

#### Recommended items to include in a basic emergency supply kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation (*Bottled water is recommended and should be replaced every six months or in accordance with the posted expiration date*)
- Food, at least a three-day supply of non-perishable food
- Manual can opener for food (if kit contains canned food)
- Special needs for baby, pets, the elderly and disabled
- Medical needs including prescription medication
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
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#### Additional items to consider adding to an emergency supply kit:

- Prescription glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant, or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, and paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

### Winter Storm Safety Tips

#### At home:

- Keep handy a battery-powered flashlight, NOAA weather radio and portable radio, extra food (canned or dried food is best), manual can opener and bottled water (at least 3 gallons per person)
- Make sure each member of household has a warm coat, gloves, hat and water-resistant boots. Ensure that extra blankets and heavy clothes are available.
- Keep on hand items for infant, elderly or disabled family members.
- Be aware of potential fire and carbon monoxide hazards if you plan to use an emergency heating source such as a fireplace, wood stove or space heater.

#### Outside:

- Avoid overexertion, such as shoveling heavy snow, pushing a car or walking in deep snow. Cold weather also puts extra strain on the heart, so the elderly and those with heart conditions should be especially cautious when out in the cold.
- Walk carefully on snowy, icy sidewalks.
- Wear loose-fitting, lightweight warm clothing in layers, with a waterproof outer layer. Wear wool hat and mittens.
- Keep your clothes dry. Change wet socks and clothing quickly to prevent loss of body heat.
- Understand the hazards of wind chill. As wind speed increases, heat is carried away from a person's body more rapidly which could lead to severe hypothermia.

### Tornado/Thunderstorm Safety Tips

#### Preparing for a tornado/thunderstorm:

- Plan ahead. Be sure everyone in your household knows where to go and what to do in case of a tornado warning.
- Know the safest location for shelter in your home, workplace and school. Load-bearing walls near the center of the basement or lowest level generally provide the greatest protection.
- Know the location of designated shelter areas in local public facilities, such as schools, shopping centers and other public buildings.
- Have emergency supplies on hand, including a battery-operated radio, flashlight and a supply of fresh batteries, first-aid kit, water and cell phone.
- Make an inventory of household furnishings and other possessions. Supplement it with photographs of each room. Keep in a safe place.

#### What to do when a thunderstorm approaches your area:

- Seek safe shelter when you first hear thunder, see dark threatening clouds developing overhead or lightning. Count the seconds between the time you see lightning and hear the thunder. You should already be in a safe location if that time is less than 30 seconds. Stay inside until 30 minutes after you last hear thunder. Lightning can strike more than 10 miles away from any rainfall!
- When you hear thunder, go to the nearest large building or a fully enclosed vehicle (soft-topped convertibles are not safe). You are not safe anywhere outside.
- If you are boating or swimming, get to land and shelter immediately.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances not necessary for receiving weather information. Use plug-in telephones only in an emergency.

#### What to do when a tornado warning is issued for your area:

- Quickly move to shelter in the basement or lowest floor of a permanent structure.
- In homes and small buildings go to the basement and get under something sturdy, like a workbench or stairwell. If no basement is available, go to an interior part of the home on the lowest level. A good rule of thumb is to put as many walls between you and the tornado as possible.
- In schools, hospitals and public places move to designated shelter areas. Interior hallways on the lowest floors are generally best.
- Stay away from windows, doors and outside walls. Broken glass and wind blown projectiles cause more injuries and deaths than collapsed buildings. Protect your head with a pillow, blanket or mattress.
- If you are caught outdoors, seek shelter in a basement, shelter or sturdy building. If you cannot quickly walk to a shelter you should immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
- If flying debris occurs while you are driving, pull over and park.
- As a last resort, stay in the car with the seat belt on. Put your head down below the windows, covering with your hands and a blanket if possible.
- If you can safely get noticeably lower than the level of the roadway, exit your car and lie in that area, covering your head with your hands.
- If you are boating or swimming, get to land and shelter immediately.

#### After a tornado/thunderstorm:

- Inspect your property and motor vehicles for damage. Write down the date and list damages for insurance purposes. Check for electrical problems and gas leaks and report them to the utility company at once.
- Watch out for fallen power lines. Stay out of damaged buildings until you are sure they are safe and will not collapse. Secure your property from further damage or theft.
- Use only approved or chlorinated supplies of drinking water. Check food supplies.

### Lightning Safety Tips

**Watch for developing thunderstorms:** Thunderstorms are most likely to develop on spring or summer days but can occur year round. As the sun heats the air, pockets of warmer air start to rise and cumulus clouds form. Continued heating can cause these clouds to grow vertically into towering cumulus clouds, often the first sign of a developing thunderstorm.

**An approaching thunderstorm:** Lightning can strike as far as 10 miles from area where it is raining. That's about the distance you can hear thunder. If you can hear thunder, you are within striking distance. Seek safe shelter immediately.

**Outdoor activities:** Most lightning deaths and injuries occur in the summer. Where organized outdoor sports activities take place, coaches, camp counselors and other adults must stop activities at the first roar of thunder to ensure everyone has time to get to a large building or enclosed vehicle. Leaders of outdoors events should have a written plan that all staff are aware of and enforce.

**Indoor activities:** When inside buildings, stay off corded phones, computers and other electrical equipment that put you in direct contact with electricity. Stay away from pools, indoor or outdoor, tubs, showers and other plumbing. Buy surge suppressors for key equipment. Install ground fault protectors on circuits near water or outdoors. When inside, wait 30 minutes after the last strike before going out again.