# **Emergency Preparedness**

# Plan Ahead.

- Practice fire drills know now how to get out of your house or workplace quickly if there is an emergency.
- Know where to meet your family or staff after you leave the house.
- Keep a "Go Bag" near the exit so you can grab it if you ever have to leave in a hurry. It should contain items you might need/want if you have to be away from home for a few days.

#### Fire

- Stay low and go.
- Feel doors before opening never open a door that feels warm or has smoke coming under it.
- Leave your things behind.
- If your clothes catch fire, STOP, DROP, and ROLL until the fire is out.
- Don't hide from fire fighters.
- Go directly to your meeting place.

#### Tornado

- Listen to NOAA radio or watch TV for tornado watches and warnings when conditions are favorable - warm, humid, stormy, sky looks green.
- Go to basement or a small room on the lowest floor of the building.
- If outdoors, take cover in a vehicle or go to the lowest spot you can find and lie down.

### Flood

- If you have time to prepare, gather important items to take with you, or move them to the highest location possible in your house.
- Head for higher ground.
- Do not walk or drive through flood waters, it only takes 6 inches of water to knock you off your feet.
- Never go near downed power lines.

## Thunder & Lightning

- When thunder roars, go indoors!
- Lightning can strike even when it's not raining where you are. Never stay outdoors when you can hear thunder.
- Avoid using bathrooms and kitchens during thunderstorms.
- Do not watch the storm from a porch, shed, tent, gazebo, or other open building.

You

Since 1969, Milestone Centers, Inc. has provided programs and services to people with developmental and behavioral health challenges.



