



## **Malden Emergency Management Agency**

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# Are You Ready?

Emergencies can strike anytime. A tornado, a flood or even a terrorist attack can change lives, families, the community, businesses and schools need to take steps today to prepare for an emergency. Preparing today can save lives!

[http://www.dhss.mo.gov/Ready\\_in\\_3/Plan.html](http://www.dhss.mo.gov/Ready_in_3/Plan.html)

## **Ready in 3 can help!**

Endorsed by the American Red Cross and the State Emergency Management Agency, Ready in 3 focuses on three steps you can take to prepare for many kinds of emergencies.

### **Step 1: Create a Plan**

## **Create a plan for you, your family and at work.**

Your family might not be together when emergency happens. That's why it is important to have a plan in place. Sit down and talk to your family about how you will reach each other in different situations.

Make sure everyone in the family can get to a safe place and find each other in the event of an emergency. For instance, it is a great idea to designate two family meeting places, one in the neighborhood and one farther away.

Consider contacting the same friend or family member by telephone or e-mail. Think about making an out-of-town family member or friend the contact. It might be easier to make a long-distance telephone call instead of a local call during an emergency. It could be easier for an out-of-town person to connect separated family members.



1 in 4 families have not planned for emergencies and 40% do know how to plan.

You should plan for two situations – staying home or leaving. Deciding whether it is best to stay or go depends on the type of emergency. Officials may tell you what you need to do. In some cases, limited communication and information may require you to decide what is best for you and your family.

Know where to go if you have to leave. Sometimes it may not be safe to stay in your home. Plan where your family can meet. Know where you will go and how you will get there if you have to leave your home.

Family Plans are available in [English](#), [Spanish](#), and [Bosnian](#) and outline the items that should be included in your emergency plan.

[Emergency Preparations for Individuals with Special Needs & Seniors](#)

[Emergency Preparations for Children in Schools](#)

## Step 2: Prepare a Kit

### Prepare a kit for your home, car and at work.

#### For Your Home:

During an emergency, you may not be able to get food or water for days or weeks, and your electricity may not be working. The following items should be part of your emergency kit and kept in a container that can be easily carried if you need to leave home:

- Water - families should set aside one gallon of water per person per day, to last 14 days.



- Canned or dried food - families should set aside a 14-days supply of food per person. The food should be nonperishable items that don't need to be cooked, such as tuna and crackers. Remember to include a manual can opener. If there's an infant in the house, include formula and baby food.
- Battery-powered radio
- Flashlight
- Extra batteries for the radio and flashlight
- List of prescription medications
- First-aid kit

### **Tips:**

- For power outages, consider adding a corded telephone to your emergency kit if you are using only cordless telephones in your home currently.
- Learn how to use text messaging on your cell phone, most text messages will be sent even when you do not have cellular signal to make a call.
- **Never use a generator indoors and install carbon monoxide detectors throughout your home.**

### **For Your Car:**

Keep a small, portable emergency supply kit in your car at all times. You should include a gallon of water, several cans of food, a manual can opener, blankets, sleeping bags, money, and first-aid supplies.

### **At Work:**

Keep your own supply of fresh water and canned food, a flashlight, and battery-powered radio at your desk or in your locker. Everyone should consider keeping a change of clothes, and a pair of strong, practical shoes or boots at work.

### **For Your Pets:**

Make sure your pets have identification tags and up-to-date vaccinations. If you must leave home, bring your pet with you, if possible. You can plan ahead by creating a supply kit for your pet that includes extra food, water and medications. A carrier and leash will also be important. For cats, remember to include extra litter.

### **Step 3: Listen for Information**

## **Listen for information about what to do and where to go during an actual emergency.**

It is important to stay calm in an emergency. Get as much information about the situation as possible. If there is no electricity, make sure to have a battery-powered radio with extra batteries so you can listen for updates and instructions.

City, county, and state officials have developed emergency plans. In the event of an actual emergency, it's important to follow their instructions and advice. They will provide you with the latest information.

If you are like thousands of Missourians, your pet is an important member of your household. The likelihood that you and your animals will experience an emergency such as a fire, flood, tornado, or power outage is great; but preparing today will help decrease the stress on your entire household later. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system are the same for any emergency. Whether you stay at home during an emergency or must evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets. Service animals who assist people with disabilities are the only animals allowed in most shelters (as required by law).

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.

If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in great danger! Confine your pet to a safe area inside - NEVER leave your pet chained outside or confined to a crate! Leave them loose inside your home with food and plenty of water. Make allowances, if you can, for heat and ventilation issues your pet may face in your absence. Prepare as if you will not be able to return home for 7-10 days. For larger dogs, you can remove the toilet tank lid, raise the seat or fill the bathtub with water and brace the bathroom door open so they can drink.

Place notices outside in a visible area, advising what pets are in the house and where they are located. Provide a telephone number where you or a contact can be reached as well as the name and number of your veterinarian.

Whether you are away from home for a day or week, you'll need essential supplies. Keep items in an accessible place and store them in sturdy containers that can be easily carried. Use the [Emergency Preparedness Checklist for Pet Owners](#) as you prepare your pets for emergencies situations.

Related Links:

[Humane Society of Missouri](#)

[Missouri Veterinary Medical Association](#)

[Missouri Veterinary Medical Board](#)

## tornadoes....

### Tornado!



Although tornadoes occur in many parts of the world, these destructive forces of nature are found most frequently in the United States east of the Rocky Mountains during the spring and summer months. In an average year, 800 tornadoes are reported nationwide, resulting in 80 deaths and over 1,500 injuries. A tornado is defined as a violently rotating column of air extending from a thunderstorm to the ground. The most violent tornadoes are capable of tremendous destruction with wind speeds of 250 mph or more. Damage paths can be in excess of one mile wide and 50 miles long. Once a tornado in Broken Bow, Oklahoma, carried a motel sign 30 miles and dropped it in Arkansas!

## What causes tornadoes?

Thunderstorms develop in warm, moist air in advance of eastward-moving cold fronts. These thunderstorms often produce large hail, strong winds, and tornadoes. Tornadoes in the winter and early spring are often associated with strong, frontal systems that form in the Central States and move east. Occasionally, large outbreaks of tornadoes occur with this type of weather pattern. Several states may be affected by numerous severe thunderstorms and tornadoes.

During the spring in the Central Plains, thunderstorms frequently develop along a "dryline," which separates very warm, moist air to the east from hot, dry air to the west. Tornado-producing thunderstorms may form as the dryline moves east during the afternoon hours.

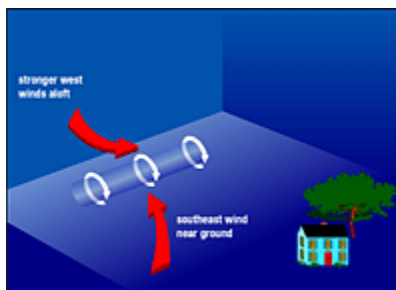
Along the front range of the Rocky Mountains, in the Texas panhandle, and in the southern High Plains, thunderstorms frequently form as air near the ground flows "upslope" toward higher terrain. If other favorable conditions exist, these thunderstorms can produce tornadoes.

Tornadoes occasionally accompany tropical storms and hurricanes that move over land. Tornadoes are most common to the right and ahead of the path of the storm center as it comes onshore.

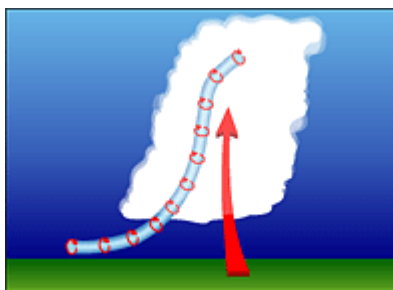
## Tornado Variations

- Some tornadoes may form during the early stages of rapidly developing thunderstorms. This type of tornado is most common along the front range of the Rocky Mountains, the Plains, and the Western States.
- Tornadoes may appear nearly transparent until dust and debris are picked up.
- Occasionally, two or more tornadoes may occur at the same time.

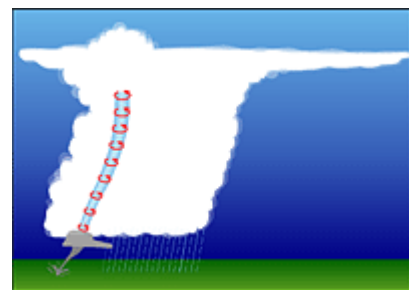
## How Do Tornadoes Form?



▲ Before thunderstorms develop, a change in wind direction and an increase in wind speed with increasing height creates an invisible, horizontal spinning effect in the lower atmosphere.



▲ Rising air within the thunderstorm updraft tilts the rotating air from horizontal to vertical.



▲ An area of rotation, 2-6 miles wide, now extends through much of the storm. Most strong and violent tornadoes form within this area of strong rotation.



Woodward OK (Ron Przybylinski)

▲ A lower cloud base in the center of the photograph identifies an area of rotation known as a rotating wall cloud. This area is often nearly rain-free. Note rain in the background.



Woodward OK (Ron Przybylinski)

▲ Moments later a strong tornado develops in this area. Softball-size hail and damaging "straight-line" winds also occurred with this storm.

## Tornadoes Take Many Shapes and Sizes

### *Weak Tornadoes*

- 69% of all tornadoes
- Less than 5% of tornado deaths
- Lifetime 1-10+ minutes
- Winds less than 110 mph



### *Strong Tornadoes*

- 29% of all tornadoes
- Nearly 30% of all tornado deaths
- May last 20 minutes or longer
- Winds 110-205 mph



### *Tornado Myths:*

**MYTH:** Areas near rivers, lakes, and mountains are safe from tornadoes.

**FACT:** No place is safe from tornadoes. In the late 1980's, a tornado swept through Yellowstone National Park leaving a path of destruction up and down a 10,000 ft. mountain.

**MYTH:** The low pressure with a tornado causes buildings to "explode" as the tornado passes overhead.

**FACT:** Violent winds and debris slamming into buildings cause most structural damage.

**MYTH:** Windows should be opened before a tornado approaches to equalize pressure and minimize damage.

**FACT:** Opening windows allows damaging winds to enter the structure. Leave the windows alone; instead, immediately go to a safe place



# Frequency of Tornadoes

Tornadoes can occur at any time of the year.

- In the southern states, peak tornado occurrence is in March through May, while peak months in the northern states are during the summer.
- Note, in some states, a secondary tornado maximum occurs in the fall.
- Tornadoes are most likely to occur between 3 and 9 p.m. but have been known to occur at all hours of the day or night.
- The average tornado moves from southwest to northeast, but tornadoes have been known to move in any direction. The average forward speed is 30 mph but may vary from nearly stationary to 70 mph.
- The total number of tornadoes is probably higher than indicated in the western states. Sparse population reduces the number reported.



## ***STAY INFORMED ABOUT THE STORM***

***by listening to NOAA Weather Radio, commercial radio, and television for the latest tornado WATCHES and WARNINGS and the Malden Emergency Management Agency on your scanner at 155.760.***

When conditions are favorable for severe weather to develop, a severe thunderstorm or tornado WATCH is issued

Weather Service personnel use information from weather radar, spotters, and other sources to issue severe thunderstorm and tornado WARNINGS for areas where severe weather is imminent.

Severe thunderstorm warnings are passed to local radio and television stations and are broadcast over local NOAA Weather Radio stations serving the warned areas. These warnings are also

relayed to local emergency management and public safety officials who can activate local warning systems to alert communities.

## **NOAA WEATHER RADIO IS THE BEST MEANS TO RECEIVE WARNINGS FROM THE NATIONAL WEATHER SERVICE**

The National Weather Service continuously broadcasts updated weather warnings and forecasts that can be received by NOAA Weather Radios sold in many stores. The average range is 40 miles, depending on topography. Your National Weather Service recommends purchasing a radio that has both a battery backup and a tone-alert feature which automatically alerts you when a watch or warning is issued.

### **What To Listen For...**

- **TORNADO WATCH:** Tornadoes are possible in your area. Remain alert for approaching storms.
- **TORNADO WARNING:** A tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your pre-designated place of safety.
- **SEVERE THUNDERSTORM WATCH:** Severe thunderstorms are possible in your area.
- **SEVERE THUNDERSTORM WARNING:** Severe thunderstorms are occurring.

Remember, tornadoes occasionally develop in areas in which a severe thunderstorm watch or warning is in effect. Remain alert to signs of an approaching tornado and seek shelter if threatening conditions exist.

## **Environmental Clues**

### ***Look out for:***

- Dark, often greenish sky
- Wall cloud

- Large hail
- Loud roar; similar to a freight train

### ***Caution:***

- Some tornadoes appear as a visible funnel extending only partially to the ground. Look for signs of debris below the visible funnel.
- Some tornadoes are clearly visible while others are obscured by rain or nearby low-hanging clouds.



Alma, NE (Gene Rhoden)



Mike Emlaw

### **Other Thunderstorm Hazards**



Center photo Bill Bunting

### ***These dangers often accompany thunderstorms:***

- Flash Floods: Number ONE weather killer - 146 deaths annually
- Lightning: Kills 75-100 people each year
- Damaging Straight-line Winds: Can reach 140 mph
- Large Hail: Can reach the size of a grapefruit - causes several hundred million dollars in damage annually to property and crops

Contact your local National Weather Service office, American Red Cross chapter, or Federal Emergency Management Agency office for a copy of the "Thunderstorms and Lightning...The

Underrated Killers" brochure (NOAA PA 92053) and the "Flash Floods and Floods...The Awesome Power" brochure (NOAA PA 92050).

## **Tornado Safety**

### **What YOU Can Do**

#### ***Before the Storm:***

- Develop a plan for you and your family for home, work, school and when outdoors.
- Have frequent drills.
- Know the county/parish in which you live, and keep a highway map nearby to follow storm movement from weather bulletins.
- Have a [NOAA Weather Radio](#) with a warning alarm tone and battery back-up to receive warnings.
- Listen to radio and television and the Malden EMA on 155.760 on your scanner for information.
- If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.

#### ***If a Warning is issued or if threatening weather approaches:***

- In a home or building, move to a pre-designated shelter, such as a basement.
- If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture.
- Stay away from windows.
- Get out of automobiles.
- Do not try to outrun a tornado in your car; instead, leave it immediately.
- Mobile homes, even if tied down, offer little protection from tornadoes and should be abandoned.

## **It's Up To YOU!**

Each year, many people are killed or seriously injured by tornadoes despite advance warning. Some did not hear the warning while others received the warning but did not believe a tornado would actually affect them. The preparedness information in this brochure, combined with timely severe weather watches and warnings, could save your life in the event a tornado threatens your area. After you have received the warning or observed threatening skies, YOU must make the decision to seek shelter before the storm arrives. *It could be the most important decision you will ever make.*

## ***Who's Most At Risk?***

- People in automobiles
- The elderly, very young, and the physically or mentally impaired
- People in mobile homes
- People who may not understand the warning due to a language barrier

## **Tornado Safety in Schools**

### **EVERY School Should Have A Plan!**

- Develop a severe weather action plan and have frequent drills,
- Each school should be inspected and tornado shelter areas designated by a registered engineer or architect. Basements offer the best protection. Schools without basements should use interior rooms and hallways on the lowest floor and away from windows.
- Those responsible for activating the plan should monitor weather information from NOAA Weather Radio and local radio/television.
- If the school's alarm system relies on electricity, have a compressed air horn or megaphone to activate the alarm in case of power failure.
- Make special provisions for disabled students and those in portable classrooms.
- Make sure someone knows how to turn off electricity and gas in the event the school is damaged.
- Keep children at school beyond regular hours if threatening weather is expected. Children are safer at school than in a bus or car. Students should not be sent home early if severe weather is approaching.
- Lunches or assemblies in large rooms should be delayed if severe weather is anticipated. Gymnasiums, cafeterias, and auditoriums offer no protection from tornado-strength winds.
- Move students quickly into interior rooms or hallways on the lowest floor. Have them assume the tornado protection position (shown at right).

### ***Nursing homes, and other institutions should develop a similar plan***

Your National Weather Service, Federal Emergency Management Agency, and American Red Cross educate community officials and the public concerning the dangers posed by tornadoes. YOU can prepare for the possibility of a tornado by learning the safest places to seek shelter when at home, work, school, or outdoors. You should also understand basic weather terms and

danger signs related to tornadoes. Your chances of staying safe during a tornado are greater if you have a plan for you and your family, and practice the plan frequently.

## FAMILY DISASTER PLAN

Families should be prepared for all hazards that affect their area. NOAA's National Weather Service, the Federal Emergency Management Agency, and the American Red Cross urge each family to develop a family disaster plan.

Where will your family be when disaster strikes? They could be anywhere - at work, at school, or in the car. How will you find each other? Will you know if your children are safe? Disasters may force you to evacuate your neighborhood or confine you to your home. What would you do if basic services - water, gas, electricity or telephones - were cut off?

### Follow these basic steps to develop a family disaster plan...

#### 1. I. Gather information about hazards.

Malden EMA, and American Red Cross chapter. Find out what type of disasters could occur and how Contact your local National Weather Service office, emergency management or civil defense should respond. Learn your community's warning signals and evacuation plans.

#### 2. II. Meet with your family to create a plan.

Discuss the information you have gathered. Pick two places to meet: a spot outside your home for an emergency, such as fire, and a place away from your neighborhood in case you can't return home. Choose an out-of-state friend as your "family check-in contact" for everyone to call if the family gets separated. Discuss what you would do if advised to evacuate.

#### 3. III. Implement your plan

(1) Post emergency telephone numbers by phones; (2) Install safety features in your house, such as smoke detectors and fire extinguishers; (3) Inspect your home for potential hazards (such as items that can move, fall, break, or catch fire) and correct them; (4) Have your family learn basic safety measures, such as CPR and first aid; how to use a fire extinguisher; and how and when to turn off water, gas, and electricity in your home; (5) Teach children how and when to call 911 or your local Emergency Medical Services number; (6) Keep enough supplies in your home to meet your needs for at least three days. Assemble a disaster supplies kit with items you may need in case of an evacuation. Store these supplies in sturdy, easy-to-carry containers, such as backpacks or duffle bags. Keep important family documents in a waterproof container. Keep a smaller disaster supplies kit in the trunk of your car.

### A DISASTER SUPPLIES KIT SHOULD INCLUDE:

A 3-day supply of water (one gallon per person per day) and food that won't spoil • one change of clothing and footwear per person • one blanket or sleeping bag per person • a first-aid kit, including prescription medicines • emergency tools, including a battery-

powered NOAA Weather Radio and a portable radio, flashlight, and plenty of extra batteries • an extra set of car keys and a credit card or cash • special items for infant, elderly, or disabled family members.

4. **IV. Practice and maintain your plan.**

Ask questions to make sure your family remembers meeting places, phone numbers, and safety rules. Conduct drills. Test your smoke detectors monthly and change the batteries at least once a year. Test and recharge your fire extinguisher(s) according to manufacturer's instructions. Replace stored water and food every six months.