

10 SEVERE WEATHER PREPAREDNESS TIPS



1. KNOW YOUR RISK

Understand what hazards are most common where you live (flooding, winter weather, wind). Preparation should match reality, not headlines.

2. PLAN FOR THE FIRST 72 HOURS

After severe weather, help may be delayed. Plan how you'll get through the first three days without power, water, or internet.

3. HAVE MULTIPLE WAYS TO GET ALERTS

Don't rely on just one method.

- Weather alerts on your phone
- NOAA weather radio
- Local news or trusted community sources

4. BUILD A LOW-COST EMERGENCY SUPPLY KIT

You don't need to buy everything at once.

Focus on:

- Water
- Food that doesn't need cooking
- Flashlights
- Medications
- Batteries or chargers

5. KNOW WHEN TO LEAVE AND WHERE TO GO

If evacuation is needed:

- Know your routes
- Have a destination
- Don't wait until the last minute

10 SEVERE WEATHER PREPAREDNESS TIPS



6. KEEP IMPORTANT DOCUMENTS SAFE

Take photos and make copies of:

- ID
- Insurance
- Property records

Store them somewhere secure and accessible.

7. PREPARE YOUR HOME FOR POWER OUTAGES

- Know how to safely use generators or alternative heat
- Unplug sensitive electronics
- Have light sources ready (not candles)

8. CHECK ON NEIGHBORS & FAMILY

Especially older adults, people with disabilities, or those without transportation. Community connection saves lives.

9. AVOID DISASTER RUMORS

After storms, misinformation spreads fast.

Rely on:

- Local officials
- Emergency management
- Trusted organizations

10. TAKE CARE OF YOURSELF

Stress, fatigue, and cold/heat can be dangerous.

- Pace yourself
- Stay hydrated
- Ask for help early

Questions?

drice@unitedwayswva.org
(276) 268-2504

