

## Be Prepared for Spring Storms

### What is the difference between a Tornado Watch & a Tornado Warning?

A tornado watch is just to let folks know to be on the lookout for a possible tornado in the area whereas a Tornado Warning is a notification that a tornado has been seen or picked up by radar.



#### Tornado Watch

A Tornado Watch is issued to alert people to the possibility of a tornado developing in your area. At this point, a tornado has not been seen but the conditions are very favorable for tornados to occur at any moment.

*Things to do when a Tornado Watch is issued:*

- Keep alert and watch for changing weather conditions
- Listen to your local news reports & weather updates
- Review your family or business emergency preparedness plan
- Be ready to seek shelter at a moments notice



#### Tornado Warning

A Tornado Warning is issued when a tornado has actually been sighted or has been picked up on radar in your area. This means that you need to take shelter immediately in a safe sturdy structure.

*Things to do when a Tornado Warning is issued:*

- Take shelter immediately
- Listen to your local radio for updates
- Follow the National Weather Service Safety Guidelines (below)
- If your in a vehicle or mobile home, go to a nearby sturdy building or storm shelter



**How do you begin Your Day?** *Choosing the way you spend your morning sets the stage for the rest of the day. Add one or more of these **Smart Steps** to combat daily stress.*

**Drink Green Tea-**Sipping a warm cup of tea is soothing and helps you feel nurtured. Green tea is loaded with antioxidants, so it's delicious *and* healthy.

**Stretch in the Shower-** Hot water will loosen up your muscles, so it's easier to get a good stretch. Stretching will help release tension and you will be ready to handle what comes your way.

**Eat a Balanced Breakfast-**This *most important meal of the day* balances blood sugar and gives needed fuel deal with stress. Have a protein and fruit, not just caffeine and empty calories.

**Write in a Journal-**Writing once a day helps you focus, process your emotions, and solve problems.

**Yoga-**Yoga combines several stress reducers: deep breathing, meditating, and stretching into one exercise.

**Take a Walk-**Walking lowers stress, helps you sleep better, and reduces your risk of many health problems.

**Turn on the Tunes-**Listening to music while you get ready can reduce stress and create positive energy. Match music to the habits above during yoga workout, morning walk, or journal writing.