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For Immediate Release

Weathering the Storm: Storm Preparedness Tips

Brought to You by Farm Bureau Financial Services

The following are a few simple storm preparation tips that can help you weather the storm in the event of a tornado or other natural disaster. These tips and other helpful storm preparedness tools are available at <http://www.SimplifyMyInsurance.com/storm>.

Storm Preparation Tip 1: Develop a family emergency plan

Your family may not be together when a tornado or storm occurs, so develop a family emergency plan in advance. Discuss how your family will contact one another in different situations. It may be easiest to designate a long-distance friend or relative for each family member to contact in the event of an emergency, so that person can help communicate among separated family members. Be sure each person knows the phone number of the emergency contact.

Storm Preparation Tip 2: Create a safe area in your home¹

Tornados can destroy everything in their path. Talk with your family about how to stay safe during severe storms, and if you have pets, determine how you'll protect them, too. Designate a safe area within your home for all family members to gather.

- If you have a basement, that's generally the safest option. Go downstairs and take shelter under something sturdy such as a staircase. Use a mattress or sleeping bag for cover. Know where heavy objects are on the first floor, like a refrigerator, and avoid being directly below them as they may fall through a weakened floor.
- If you can't take shelter in a basement, avoid windows. Go to the lowest level and use a center room, such as a bathroom or closet under a stairwell or an interior hallway. A bathtub can provide some protection, but cover yourself with a mattress, rugs or blankets.

Storm Preparation Tip 3: Take inventory of your belongings

Create a list of valuable items in your home such as electronics, appliances, furnishings and collectibles. In the event of a disaster, remembering the contents of your home and their value will be important in determining your total loss. Farm Bureau Financial Services offers an online [home inventory](#) tool that provides a simple way to create a detailed list of your property and possessions.

Storm Preparation Tip 4: Put together a [storm emergency kit](#)

Before storm season hits, take time to put together items you might need in case of a disaster. Recommendations for a storm emergency kit include a flashlight, batteries, bottled water, first-aid kit, radio, medications, blankets, soap, special-needs items and more. The American Red Cross also is a great source for detailed information about preparing for a storm or disaster.

The bottom line in storm preparation is to make sure your family knows the plan. Before severe weather season hits, it's also good to review your insurance coverage, making sure you have

the right amount of coverage to meet your individual needs should a disaster, such as a tornado, hit.

¹ "Tornado Safety" by Roger Edwards, Storm Prediction Center, Norman, OK, <http://www.spc.noaa.gov/faq/tornado/safety.htm>