

Don't wait, start preparing for extreme weather

Dangerous record-breaking heat. Heavier downpours. More intense hurricanes, tornadoes and cold snaps. More frequent droughts and wildfires. These are called “extreme weather events,” and no matter where you live, you’ve likely experienced one. The bad news is they’re becoming more frequent with climate change.



Photo above by Monkeybusinessimages, below by CHKnox, courtesy iStockphoto

Quick facts on preparedness

1 Extreme heat is the most dangerous extreme weather event. Second is flash flooding, followed by extreme cold and tornadoes. Different regions of the U.S. are impacted by different weather events.



2 Preparation includes creating a plan for you and your family to quickly evacuate your house. Also, stay in the loop by tuning in to emergency alerts.

3 You will also need a basic emergency supply kit. It should include one gallon of water per person, food that stays fresh for several days, a radio that runs on batteries, extra batteries, a flashlight and a first-aid kit.

4 If you decide to move to avoid a weather threat, make sure you are not moving to an area that has its own extreme weather events.

5 Heat and other extreme weather is predicted to get worse. If you're thinking of adding air conditioning to your home, look for eco-friendly options, or consider a heat pump instead.



>> For more on extreme weather, visit www.cdc.gov/disasters