Emergency Guide

College of Podiatric Medicine

Kent State University

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Using the Emergency Guide

The College of Podiatric Medicine Emergency Guide is a companion document to the more comprehensive College of Podiatric Medicine and University Emergency Management Plans. Where the Emergency Management Plans provide a template for the University’s institutional response to major emergencies, this guide is a template for the individual response by students, faculty and staff at the College of Podiatric Medicine to assist them in preparing for, and surviving, the catastrophic effects of those emergencies. Both share the goal of maximizing human safety and survival.

As a quick reference, the Emergency Guide must be simple to use. In a concise and direct format, it provides only the basic guidelines and survival strategies for specific hazards and is not intended as a thorough source. Nevertheless, following these guidelines and strategies will better prepare individuals to make good decisions, and survive if disaster strikes.

Purpose of the Emergency Guide

The purpose of the guide is to:

- Serve as a quick reference guide for students, faculty and staff during pending or actual serious emergencies
- Educate and prepare University community members for emergencies
- Provide reference links to additional sources; learn more about particular types of emergencies as well as general emergency planning and preparedness
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Essential Information for Emergency Preparedness

Personal Responsibility

A transitional period exists between the onset of an emergency and the full mobilization of safety forces and other life-saving personnel and equipment. Depending on the emergency, this period may extend for hours or days. It is also recognized that full mobilization does not guarantee personal safety. With these facts in mind, all persons are encouraged to take personal responsibility by exercising good judgment and taking the necessary precautions to maximize their safety and prospects for survival.

Mutual Assistance and Cooperation

Natural disasters and public emergencies place an extraordinary demand on students, faculty and staff; it requires sacrifice, patience and cooperation on everyone’s part. Individuals may need to assist other persons not able to care for themselves. Personal property may need to be left behind. Personal vehicles may be inaccessible. Individuals and groups may become separated. Helping one another and cooperating with the authorities during natural disasters and public emergencies can save lives.
Shelter-In-Place

Contrary to the natural instinct to flee from danger, staying where you are may provide the safest alternative. Shelter-in-place is a simple and effective strategy of self-protection using the barriers and isolation provided by a building. All that is required is to:

- Get into or stay inside a building; if possible, go to an interior room with no exterior openings
- Secure the building; secure the interior room
- Wait until the threat has ended and authorities give an “all clear”

Shelter-in-place can be effectively used during:

- Active shooter incidents
- Chemical, biological, radiological and hazardous material emergencies
- Severe weather

Emergencies of an unknown nature:

- Armed hostage or barricaded person
- Robbery in-progress
- Riot or other violent confrontation
- Explosive device
- Other unanticipated threat

Additional Information on shelter-in-place is available on the following website:
Building Evacuation

If a fire alarm sounds or if asked to evacuate, leave the building immediately.

The purpose of evacuating a building is to remove the occupants from dangerous and potentially life-threatening conditions presented by:

- A fire
- A suspected explosive device
- A hazardous material release
- Air contamination
- Active shooter
- Other life-threatening situations

When evacuating a building:

- Remain calm
- Proceed to the nearest safe exit
- Do not use the elevators
- Assist disabled persons; if the person cannot be moved to the exit, ask the person to remain at that location, leave the building and advise a firefighter or police officer of the person’s location
- Once outside, do not return until directed by a public safety official
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Campus Evacuation
An emergency requiring the evacuation of campus is likely to be part of a larger evacuation. It is important to follow evacuation instructions.

Evacuating in a Vehicle:
The primary egress routes for those leaving the campus in a vehicle are:

- Head south on Rockside Woods Blvd N or south on Rockside Place
- Head east or west onto Rockside Road

Disability Preparedness Resource Center
The Disability.gov website provides practical information on how people with and without disabilities can prepare for an emergency. It also provides information for first responders and emergency managers to help them better prepare for serving persons with disabilities. Further information is available at the following website:

Disability.gov
Natural Disasters and Public Emergencies

Active Shooter Incident

An active shooter incident (ASI) involves one or more persons using a firearm, engaging in a random or systematic shooting spree. The vast majority of shootings in this country are over in a matter of minutes, involve persons known to one another and are confined to a particular area. An ASI does not follow this template. It may last minutes or hours, range over a large and constantly changing area, and threaten everyone within close proximity of the shooter(s). Persons may or may not receive advance warning of a shooter. A witness, personal observation or the sound of gunshots may be the only alert you receive, leaving little time to react. The sound of gunshots, unlike special effects in movies and television, may sound muffled and make a "pop, pop, pop" noise. It is reasonable to assume that a series of such noises are gunshots and you should begin to take necessary precautions. The traditional response to this type of incident has been to shelter-in-place and wait for the police to arrive. While this type of response is not completely wrong, case studies of several active shooter incidents have shown that using only this response has resulted in concept failure, leading to an increase in casualties. The "A.L.I.C.E." response plan has been identified to assist you in your response should this type of incident occur.

A.L.I.C.E.

"A.L.I.C.E." is an acronym for 5 steps you can utilize in order to increase your chances of surviving a surprise attack by a shooter. It is important to remember that the "A.L.I.C.E." response does not follow a set of actions you "shall, must, will" do when confronted with a shooter. Your survival is paramount in this situation. Deal with known information and don’t worry about unknowns. You may use only 1 or 2 parts of the response plan or you may have to utilize all 5. In this type of incident, your perception is the reality. You will be deciding the appropriate action to take. Unlike traditional lockdown plans, A.L.I.C.E. is not linear and you can use whichever of the tactics best fits your current circumstance.

➢ Alert
  - Can be anything:
    ▪ Gunfire
    ▪ Witness
    ▪ PA Announcement
    ▪ Phone alert
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- **Flash Alerts**

- **Lockdown**
  Barricade the Room. Prepare to EVACUATE or COUNTER if needed.
  - Lock the door, if possible
  - Barricade the door with anything available (desks, chairs, etc.)
  - Turn off the lights, if possible
  - Do not close the drapes or blinds if the threat is inside the building. Police need to see into the building. Tie down the door, if possible, using belts, purse straps, shoe laces, etc.
  - Look for alternate escape routes (windows, other doors)
  - Cover any windows in the door if possible
  - Call 911
  - Move out of the doorway in case gunfire comes through
  - Silence or place cell phones on vibrate
  - Once secured, do not open the door for anyone. Police will enter the room when the situation is over
  - Gather weapons (coffee cups, chairs, books, pens, etc.) and mentally prepare to defend yourself or others
  - Put yourself in position to surprise the active shooter should they enter the room

- **Inform**
  Using any means necessary to pass on real time information
  - Given in plain language
  - Can be derived from 911 calls, video surveillance, etc.
  - Who, what, where, when and how information
  - Can be used by people in the area or who may come into it to make common sense survival decisions
  - Can be given by “Flash Alerts”, PA Announcements or Police Radio speakers

- **Counter**
This is the use of simple, proactive techniques should you be confronted by a shooter:

- Anything can be a weapon
- Throw things at the shooter's head to disrupt their aim
- Create as much noise as possible
- Attack in a group (swarm)
- Grab the shooter's limbs and head and take them to the ground and hold them there
- Fight dirty; bite, kick, scratch, gouge eyes, etc.
- Run around the room and create chaos
- If you have control of the shooter, call 911 and tell the police where you are and listen to their commands when officers arrive on scene

**Evacuate**

Remove yourself from the danger zone as quickly as possible:

- Decide if you can safely evacuate
- Run in a zigzag pattern as fast as you can
- Do not stop running until you are far away from the area
- Consider going out a window, decide if the drop to the ground is too far
- Break out windows at the top corners and attempt to quickly clear glass from the frame
- Consider using belts, clothing or other items as an improvised rope to shorten the distance you would fall
- Hang by your hands from the window ledge to shorten your drop
- Attempt to drop into shrubs, mulch or grass to lessen the chance of injury
- Do not attempt to drive from the area

**Secondary Issues**

- Responding Police will have their weapons drawn and ready for use. They may not know exactly who the shooter is and will probably point weapons at you. Remain calm and follow any directions they may give you. You may be asked questions, searched and given orders to exit.
- Responding Police are there to stop the shooter as soon as possible. They may bypass injured people and will not help you escape. Only after the shooter is stopped will they begin to provide other assistance.

- If you come into possession of a weapon, do NOT carry or brandish it! Police may think you are the shooter. If possible, put it in a trashcan and carry it with you. If you come across police, calmly tell them what you are carrying and why. Follow their commands. It is also ok to leave weapons behind. Do not attempt to carry rifles.

- Be prepared to provide first aid. Think outside the box. Tampons and feminine napkins can be used to stop blood loss. Shoes laces and belts can be used to secure tourniquets. Weighted shoes can be tied around a person’s head to immobilize it. Remember it may be several hours until you can safely move an injured person. The actions you take immediately to treat them may save their life.

- If you are in lockdown for a long period of time, give consideration to issues such as bathroom use, keeping people calm, etc.

- Discuss beforehand with people in your office or classes where you will meet up should you have to evacuate; make it a place easily accessible and far away from the scene.

- Talk to your students and co-workers beforehand to know if they have any special skills. Consider strategic placement of these people in a classroom or office setting. You may have current or ex-military personnel, medically trained persons, or even people trained in martial arts that can provide assistance in this type of incident.

- Consider setting up classrooms and offices to make it harder for a shooter to enter and acquire targets.

A.L.I.C.E Training offered at Kent State University
Biological Threat

Biological agents are bacteria, virus or toxins that can kill or incapacitate people, livestock and crops.

Delivery Methods:

- Aerosols: Biological agents are dispersed into the air forming a fine mist that may drift for miles. Inhaling the agent may cause disease in humans and animals.
- Animals: Insects and animals such as fleas, mice, flies, mosquitoes and livestock spread some diseases.
- Food and water contamination: Some pathogenic organisms and toxins may persist in food and water supplies. Most microbes are killed, and toxins deactivated, by cooking food and boiling water for three minutes.
- Person-to-person: A few infectious agents, such as smallpox, plague and the Lassa viruses can spread through human contact.

Precautions for Known or Suspected Exposure:

- Move away from the agent quickly.
- Remove and bag contaminated clothes and items.
- Wash with soap and water.
- Contact public health authorities.
- Monitor local broadcast media for emergency information and instructions.
- Seek medical attention if symptoms appear – public health instructions may include avoiding others or quarantine.

Additional information on Biological Threats is available on the following websites:
Bomb Threat

Receiving the Threat:

- If possible, get a pen and paper for notes
- Do not hang up
- Remain calm, be polite and attempt to get information from the caller to help assess the validity of the threat
- Ask questions, such as:
  - When is the bomb going to explode?
  - Where is it right now?
  - What does it look like?
  - What kind of bomb is it?
  - What will cause it to explode?
  - Why did you place the bomb?
- Assess the caller’s voice, accent, slang and speaking style
- Be attentive to background sounds and noise
- Note unusual speech characteristics
- Describe the type of language used
- When the call ends, call the police at 911 and notify campus security
- Wait for the police and security to arrive and provide them information

Automatic Building Evacuation:

Do not attempt to evacuate the building without authorization and assistance from the police or security. In the very unlikely event that there is a bomb, people are likely to be safer where they are. Steel-framed walls, doors, closets and desks provide reasonably safe barriers against the concussion and projectiles from a blast. Automatic evacuation means channeling persons into hallways and stairwells that have not been searched by the police or security. The actual threat or a secondary explosive device may exist outside where there is little effective barrier protection.
Classroom Disruption

Class order and discipline is the responsibility of the instructor insofar as possible. Classroom disruption is the excessive and unreasonable interference with classroom instruction. Under no circumstance is a member of the faculty expected to take physical action to control a disturbance. Faculty should also make every effort to discourage students from taking physical action against disrupters. If a disruptive student is encountered, the instructor should:

(1) The instructor should ask student(s) causing the disruption to cease and desist. Identification of the student(s) involved should be attempted.

(2) The instructor should notify the disrupter(s) of possible suspension and/or dismissal from the class and of further possible actions of the Administrative Code (Code of Student Conduct), or the Ohio Revised Code, or both.

(3) If disruption does not cease, the instructor should order the disrupter(s) out of the classroom and inform those involved that failure to do so will subject the disrupter(s) to student conduct sanction and/or criminal arrest.

(4) If the disruption continues, notify Regional Academic Center Security to deal with the subject. If needed, they will contact the local police.

(5) If security is not available, the local police should be notified to resolve the problem.

(6) The instructor should not dismiss the class unless there is reason to believe that physical harm to person(s) or property is possible, or unless by allowing the students to remain, the disruption would increase.

(7) The instructor should subsequently notify the chairperson and/or dean of the incident to coordinate and facilitate the referral of the student to the Office of Student Conduct.

Consider discussing the student’s behavior with the University CARE Team

Consider reporting the student’s behavior through the Early Alert System
Chemical Threat

Chemical agents are poisonous vapors, aerosols, liquids, and solids that have a toxic effect on people, animals and plants. Some chemical agents are colorless and odorless. The harmful effects they produce can be immediate (a few seconds to a few minutes) or delayed (2 to 48 hours). Signs of a chemical threat include people having difficulty breathing, experiencing eye irritation, losing coordination, becoming nauseated, or having a burning sensation in the nose, throat and lungs. The presence of an unusually high number of dead insects or birds may indicate a chemical agent release.

During a Chemical Threat

If possible, leave the affected area immediately in the direction upwind from the source. If leaving safely is not possible, find indoor shelter immediately and shelter-in-place. Do not leave the protection of the shelter to assist others outdoors. Once inside: If instructed to evacuate:

- Do so immediately
- If available, monitor local broadcast radio for emergency information on:
  - Evacuation routes
  - Temporary shelters
  - Procedures to follow
- Follow the routes given by authorities; shortcuts and other routes may not be safe
- Carpool with others to minimize traffic congestion
- Assist those in need (children, elderly, disabled, persons without transportation)

If indoors, shelter-in-place if outside:

- Stay upwind, upstream and uphill
- Try to go at least one-half mile from the source
- Avoid contact with spilled liquids, airborne mists or condensed solid chemical deposits
- If possible, avoid inhaling gases, fumes and smoke by covering the nose and mouth
- Avoid contact with exposed individuals until the hazardous material has been identified and interpersonal contact is determined safe
If in a motor vehicle:

- Stop and seek shelter indoors
- If leaving the vehicle safely is not possible, close the windows and vents and keep the air conditioning and heater fan off

**Precautions for Exposure**

Decontamination is necessary within minutes of exposure to minimize harmful health effects. A person experiencing the effects of exposure requires immediate professional medical attention. If professional assistance with decontamination is unavailable, self-decontamination is required. Self-decontamination guidelines are as follows:

Use extreme caution when helping others who have been exposed to chemical agents:

- Remove all clothing and other items in contact with the body. Clothing that would normally be removed over the head should be cut off to avoid contact with the eyes, nose and mouth. Put the contaminated clothing into a plastic bag and seal it
- Remove eyeglasses or contact lenses; place in a pan of household bleach to decontaminate them; then rinse and dry
- Flush the eyes with water
- Gently wash the face and hair with soap and water then thoroughly rinse with water
- Decontaminate other areas of the body that are likely to have been contaminated. Blot (do not swab or scrape) the skin with a cloth soaked in soapy water and rinse with water
- Change into uncontaminated clothes. Clothing stored in drawers and closets are likely to be uncontaminated
- Proceed immediately to a medical facility for screening and professional treatment

Additional information on Chemical Threats is available on the following website:
Fire

Fire is the most common and deadliest of emergencies. Each year, more than 4,000 Americans die and more than 25,000 are injured in fires, many of which are preventable. Direct property loss due to fires is estimated at $8.6 billion annually. Understanding a few basic facts about fires and taking some simple, yet effective, precautions is essential to preventing and surviving a fire emergency. Fire spreads quickly; within two minutes a fire can become life threatening. Get out immediately.

Threats from Fire

Fire produces many deadly effects in addition to flames. These include:

- Heat
- Smoke
- Poisonous gasses
- Structure collapse
- Oxygen depletion
- Explosion
- Fire Prevention and Preparation

The following is a list of simple and effective precautions to prevent fires:

- Never tamper with installed smoke alarms
- Never leave cooking food unattended
- Identify escape routes and practice using them during University fire drills
- Avoid the accumulation of newspapers, magazines and other flammables
- Never use gasoline, benzene, naphtha or similar flammable liquids indoors
- Inspect extension cords for frayed or exposed wires and loose plugs
- Make sure wiring does not run under rugs, over nails or across high traffic areas
- Do not overload extension cords or outlets; use UL approved power strips with built-in circuit breakers
During a Fire

If clothes catch on fire: Stop, Drop and Roll

- Stop running or walking; running makes the fire burn faster
- Drop to the ground or floor
- Roll until the fire is extinguished

To escape a fire:

- Crawl low under any smoke to the exit; heavy smoke and poisonous gases collect first along the ceiling
- Check closed doors for heat before opening them
  - Use the back of the hand to feel the top of the door, the doorknob and the crack between the door and the door frame before opening it. Never use the palm of the hand or fingers as they can be burnt impeding the ability to escape.
  - If the door is cool, open it slowly and if clear, escape while shutting the door behind (closing the door helps contain the fire and reduces the oxygen available to sustain it)
  - If the door is hot, do not open it; choose another door or escape through a window
- Do not use the elevator
- Once safely out stay out; do not re-enter
- Call 911

If escape is not possible, hang a white or light-colored sheet out the window alerting firefighters to your presence. Since some of the windows on campus may not open, breaking a window might be necessary.

- Designated Meeting Place
  - During a building fire, firefighters must determine as soon as possible whether or not all occupants have escaped. If not, they will attempt a rescue placing themselves at great risk of serious injury. Therefore, it is important to account for all individuals and for each person to report to a designated meeting area. If a meeting area has not been designated, the following areas should be used to meet:
• Occupants in non-residential buildings should meet outdoors on the upwind (usually west) side of the building. The meeting place should be at a safe distance and clear of emergency responders, their vehicles, and equipment. If another location is designated, building evacuees will be notified at the scene.

Additional Information is available on the following websites:

Home Fires:

Kent State University Fire Safety:
Flood

The National Weather Service classifies floods as follows:

**Flood Watch**
- Flooding is possible
- Monitor local broadcast media for emergency information

**Flash Flood Watch**
- Flash flooding is possible
- Be prepared to move to higher ground
- Monitor local broadcast media for emergency information and instructions

**Flood Warning**
- Flooding is occurring or will soon occur
- If advised to evacuate, do so immediately
- Monitor local broadcast media for emergency information and instructions

**Flash Flood Warning**
- A flash flood is occurring
- Seek higher ground on foot immediately

**The Power of Moving Water**

Having shaped much of the earth's surface, water is one of nature's most powerful forces.

- Six inches of water will reach the bottom of most passenger cars causing loss of control and stalling
- One foot of water will float many vehicles
- Two feet of rushing water can carry away most vehicles including sport utility vehicles and pick-up trucks
During a Flood

- Monitor local broadcast media for emergency information and instructions
- Monitor the Nation Oceanographic and Atmospheric Administration (NOAA) weather radio or access the NOAA Website (below)
- Do not drive into flooded areas
- If floodwaters rise around a vehicle, abandon it and move to higher ground to avoid being swept away with the vehicle

Additional information on Floods is available on the following websites:
Hazardous Materials Emergency

Hazardous materials come in four forms:

- Explosives
- Flammable and combustible substances
- Poisons
- Radioactive materials

During a Hazardous Materials Emergency

- If possible, leave the affected area immediately in the direction upwind from the source
- If safely leaving is not possible, go indoors immediately and shelter-in-place. Do not leave the safety of shelter to assist others outdoors

Follow the instructions given by University officials

If instructed to evacuate:

- Do so immediately
- If available, monitor local broadcast media for emergency information on:
  - Evacuation routes
  - Temporary shelters
  - Procedures to follow
- Follow the routes given by University, and other authorities; shortcuts and other routes may not be safe
- Carpool with others to minimize traffic congestion
- Assist those in need (children, elderly, disabled, persons without transportation)

If outside:

- Stay upwind, upstream and uphill
- Try to go at least one-half mile from the source
- Avoid contact with spilled liquids, airborne mists, or condensed solid chemical deposits
- If possible, avoid inhaling gases, fumes, and smoke covering the nose and mouth
- Avoid contact with exposed individuals until the hazardous material has been identified and interpersonal contact determined safe
If in a motor vehicle:

- Stop and seek shelter indoors
- If leaving the vehicle safely is not possible, close the windows and vents and keep the air conditioning and heater fan off

If indoors, shelter-in-place:

- Close and lock all exterior doors and windows
- Turn off air conditioners and ventilation systems
- Seal off air conditioners
- Seal the gap between the doors and the door frames with plastic sheeting, duct tape or a wet towel
- Seal the gap between the windows and window frames similarly
- If gas or vapors enter the building, take shallow breaths through a towel or cloth
- Avoid eating or drinking potentially contaminated substances
- When the emergency conditions have ended, ventilate the shelter with fresh air

If exposed to hazardous chemicals:

- Follow decontamination instructions from local authorities
- Authorities may advise to shower thoroughly or to avoid contact with water and follow another procedure
- If experiencing symptoms of exposure, seek immediate medical attention
- Place contaminated clothing and shoes in tightly sealed containers avoiding contact with other items
- Advise others with whom personal contact was made of the exposure so that they can also take precautions or seek medical treatment

Additional information is available on the following website:
Pandemic

A pandemic is a global disease outbreak.

Planning:

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

- Store a two week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.

- Periodically check your regular prescription drugs to ensure a continuous supply in your home.

- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

- Volunteer with local groups to prepare and assist with emergency response.

- Get involved in your community as it works to prepare for an influenza pandemic.

Response:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Washing your hands often will help protect you from germs.

- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Additional information on pandemics and is available on the following website:

FLU.GOV
Severe Weather

Thunderstorms and Lightning

All thunderstorms produce lightning and are dangerous. Other hazards associated with thunderstorms include tornadoes, strong winds, hail and flash flooding.

Facts about Thunderstorms:

- They may occur singly, in clusters, or in lines
- Some of the most severe occur when a single thunderstorm affects one location for an extended period of time
- Thunderstorms typically produce heavy rain for a brief period of 30 minutes to an hour
- Warm humid conditions are highly favorable for thunderstorms development
- Approximately 10% of thunderstorms are classified as “severe”; one that produces hail at least three-quarters of an inch in diameter, has winds of 58 miles per hour or higher, or produces a tornado

Facts about Lightning:

- Lightning’s unpredictability increases the risk to individuals and property
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles from rainfall
- “Heat lightning” is actually lightning from a thunderstorm too far away to be heard
- Most deaths from lightning occur when people are caught outdoors in the summer months during the afternoon or evening
- The chances of a person being struck by lightning are estimated at 1 in 3,000
- Lightning strike victims carry no electrical charge and should be helped immediately
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Severe Thunderstorm Watch

The National Weather Service issues a severe thunderstorm watch when severe thunderstorms are likely to occur.

Severe Thunderstorm Warning

The National Weather Service issues a severe thunderstorm warning when there is imminent danger to life and property of those in the path of a storm.

During a Thunderstorm:

- Get inside a house, building or hardtop vehicle. Although injuries may occur if a vehicle is struck, a person is much safer inside the vehicle than outside
- Avoid showering or bathing as metal bathroom plumbing and fixtures can conduct electricity causing shock or electrocution
- Use a corded phone only for emergencies; cordless and cellular telephones are safe to use
- Unplug appliances and other electrical items such as computers, stereos, televisions and air conditioners; power surges can cause serious damage
- Use a battery operated radio for weather updates

If outdoors:

- Avoid objects that can act as a lightning rod
- Seek shelter in a low lying area such as a ravine or valley
- Be alert to the possibility of flash floods
- If on open water, get to shore and find shelter immediately
- Remember that when hair stands on end (anywhere on the body) it is an indication that lightning is about to strike; when this happens, squat down minimizing contact with the ground
- Do not lie flat on the ground
Tornadoes

Tornadoes are nature’s most violent storms. A tornado appears as a rotating funnel shaped cloud that extends from a thunderstorm to the ground with winds that can reach 300 miles per hour. The path of a tornado can be over a mile wide and extend for over 50 miles. Before a tornado hits, the wind may die down and the air may become very still. Occasionally, tornadoes develop so rapidly that advance warning is not possible.

Facts about Tornadoes:

- They may strike quickly with little or no warning
- Tornadoes typically develop near the trailing edge of a thunderstorm
- They may appear transparent until dust and debris are picked up or clouds form inside the funnel
- Typical tornadoes move in the general direction from Southwest to Northeast, but they have been known to move in any direction

Tornado Watch

The National Weather Service issues a tornado watch when weather conditions indicate that a tornado is possible. When a tornado watch is issued, persons in the watch area should:

- Monitor local commercial media for tornado emergency information, updates and instructions
- Look for approaching storms
- Look and listen for the following danger signs:
  - Dark, often greenish sky, large hail
  - A large, dark, low-lying cloud - particularly if rotating
  - A loud rumbling roar similar to a freight train

If you see an approaching storm or any of the danger signs, be prepared to take shelter immediately.
**Tornado Warning**

The National Weather Service issues a tornado warning when a tornado has been sighted or indicated by weather radar. Tornado sirens may be activated when a tornado is sighted nearby. When a tornado warning is issued or the siren sounds, persons should:

- Seek shelter immediately

**If indoors:**

- Go to a pre-designated safe room, basement, storm cellar or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway)
- Stay away from corners, windows, doors and outside walls
- Put as many walls (and levels above) as possible between you and the outside
- Get under a sturdy table and cover your neck and head with your arms
- Do not open doors or windows

**If outside with no shelter:**

- Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter
- If your vehicle is hit by flying debris while you are driving, pull over and park
- Stay in the car with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat or other cushion if possible
- If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands
- Do not get under an overpass or bridge. You are safer in a low, flat location
- Never try to outrun a tornado in urban or congested areas in a car or truck
Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

**Flash Alerts**

Sign up for Flash ALERTS; it is Kent State’s official emergency text notification system to notify subscribers of critical information no matter what time it is or where they are in the world. Flash ALERTS expands the university's ability to send critical news and information to the university community during campus emergencies.