

Information provided
to assist in preparing,
responding, and building
resiliency in the event
of a disaster or
catastrophic event.

advance notice

Summer 2017

Vol. 9 No. 2

UPCOMING EVENT



Real Voices Real Choices Conference

Osage Beach, Mo
Tan-Tar-A Resort
August 20-22, 2017
www.missourimhf.org



Solar Eclipse

August 21, 2017

See pages 3 and 4
for more information

IMPROVE YOUR DISASTER OUTCOME

Three words that stress the importance of being prepared for disasters are: *Disasters Change Things*. If we don't believe disasters change things, we assume that we can handle whatever happens and preparing is unnecessary. We believe it won't happen to us and if it does, it won't be that bad. We believe that the warning is probably overblown and that we have plenty of time to go to a safe area or evacuate.



The reality is that disasters create uncertainty. Uncertainty affects our ability to make decisions in a crisis. We naturally try to seek information from our surroundings, our family and friends, the media, etc., but it takes precious time in a disaster. Accurate information may be hard to find, and stress will be high. In a short-fuse event like flash flood, tornado or earthquake wasted time can cost lives.

No one learns to swim in the middle of a flooded river. The abilities we have in a disaster are those we develop before it starts. The emergency preparedness program "Do 1 Thing" can provide information for you to build on monthly to help you be prepared. If you *Do 1 Thing* each month, by the time a year has passed, you will have taken big steps towards being ready for the unknown.

(Information from Ronda Oberlin, the co-founder of the *DO 1 Thing* program.)

PREPAREDNESS RESOURCES

Do 1 Thing -- <http://do1thing.com/>

Preparedness on a Shoestring -- https://emilms.fema.gov/IS909/assets/01_PreparednessOnAShoestring.pdf

Building a Disaster Kit -- <http://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Pages/BuildAKitVideo.aspx>

What to Do to Make it Through -- <http://makeitthrough.org/>

(If you are unable to access the links above by clicking on them, try cutting and pasting the link into your browser.)

TORNADO FACTS AND MYTHS

Knowing the difference between a tornado watch and warning is a good first step to being informed and being prepared. A *tornado watch* means that conditions are favorable for tornadoes to develop. You should listen to the radio and keep informed to keep you and your property protected.

A *tornado warning* means that a tornado has actually been sighted. You should seek shelter immediately! It's a good idea to have an emergency storm kit already prepared.

MYTH: *The best place to be during a tornado is in the southwest corner of a building.*

FACT: The southwest corner is no safer than any other part of the building. The safest place to be is in a basement under something sturdy, like a workbench. If there is no basement, seek shelter in a small interior room in the middle of the building, like a closet or bathroom. Always stay away from outside walls and windows.

MYTH: *Windows should always be opened to equalize pressure.*

FACT: Opening windows to equalize pressure during a tornado is ineffective in reducing damage. Don't worry about the windows; worry about protecting yourself. Also, flying glass is a real hazard.

MYTH: *You can outrun a tornado in a car.*

FACT: Don't bet your life on it. A tornado is unpredictable; you can't know which way it's going to go or how fast. If you're in a car and a tornado is near, get away from the car and lie in a ditch or low area, protecting your head with your hands.

MYTH: *Mobile homes are safe if they're tied down.*

FACT: A mobile home is *never* safe in a violent windstorm such as a tornado. If you're in a mobile home when a tornado WATCH is announced, leave and go immediately to a safe structure, or be prepared to take cover in a low area covering your head and the back of your neck.

Remember: If you're in a ditch or ravine, be alert for flash floods that often accompany tornados.



CHECK THIS OUT

Disaster Distress Helpline

A national hotline dedicated to providing year-round immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This hotline is toll-free, multilingual, and confidential.

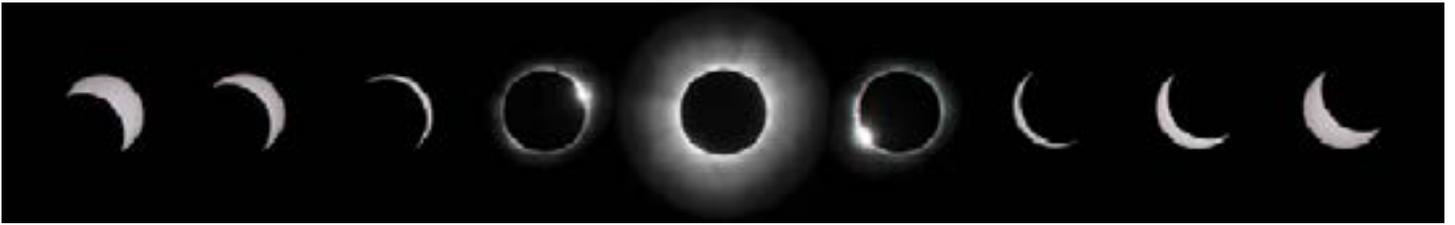
Call 1-800-985-5990 or text TalkWithUs to 66746

to connect with a trained crisis counselor

*For more information:
<https://www.samhsa.gov/find-help/disaster-distress-helpline>*



Missouri Department of
Mental Health
Office of Disaster Services
1706 E. Elm Street
Jefferson City, MO 65101
573/751-4122
800/364-9687



LIGHT TO DARK TO LIGHT AGAIN

Monday, August 21, 2017

Total Eclipse of the Sun



WHAT TO EXPECT

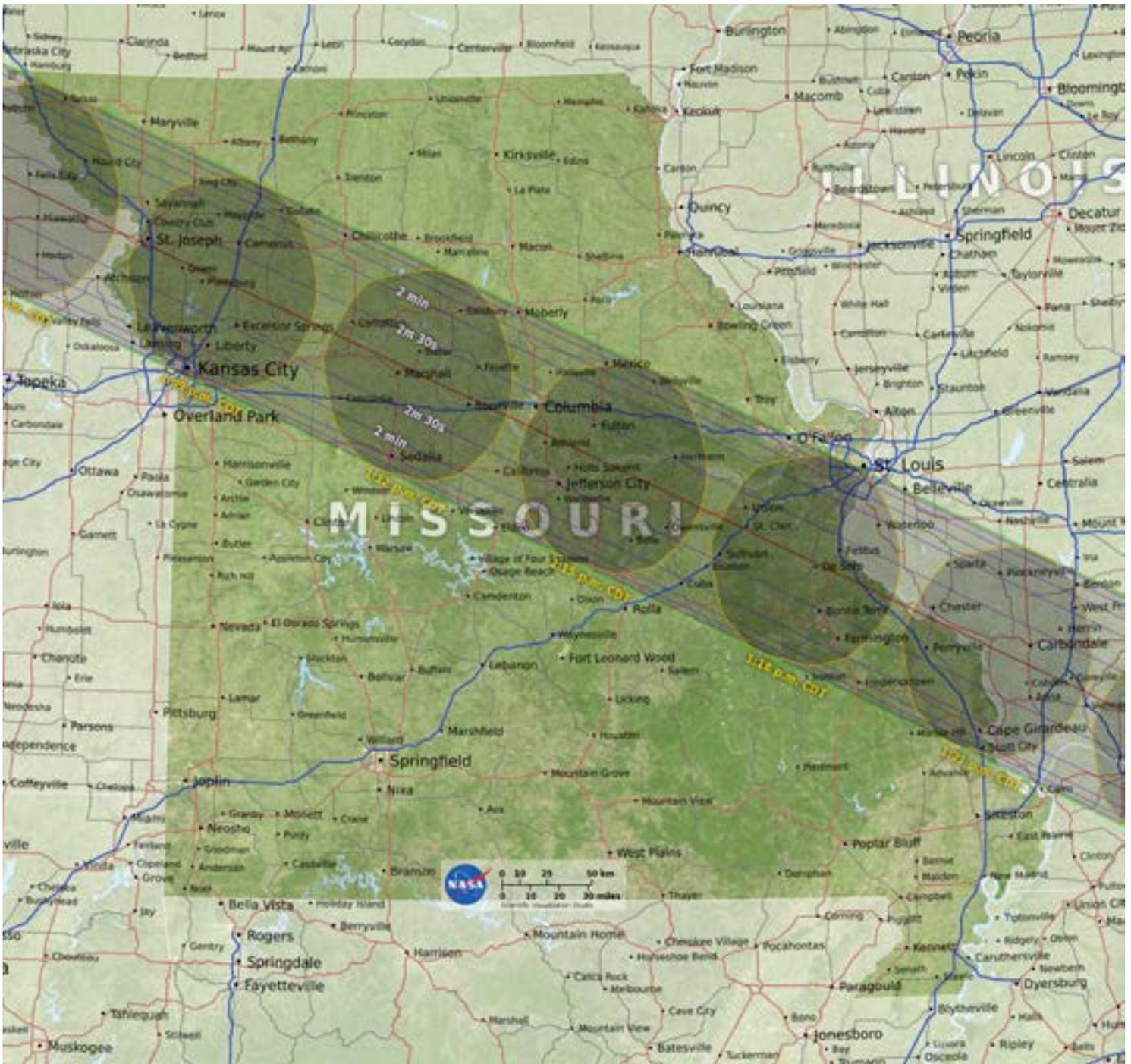
"The hair on the back of your neck is going to stand up and you are going to feel different things as the eclipse reaches totality. It's been described as peaceful, spiritual, exhilarating, shocking. If you're feeling these things, don't worry, you're experiencing the total eclipse of the sun!" Brian Carlstrom, Deputy Associate Director of National Park Service Resource Stewardship and Science Directorate

- From beginning to end the solar eclipse event will take place within two hours.
- These quick changing conditions can affect local weather and even animal behavior.
- There may be a slight drop in temperature as the sun is covered by the moon.
- Use special eclipse glasses to view the eclipse. Your glasses should be ISO 12312-2 compliant.
- It is NOT safe to use your regular sun glasses for viewing.



Go to <http://eclipse2017.nasa.gov> for more information

TIMELINE FOR 2017 ECLIPSE THROUGH MISSOURI



<http://eclipse2017.nasa.gov>