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- Get as close to the ground as you can - crouch or lie flat on the floor underneath heavy furniture. Protect your head from debris. If you are caught outdoors, hold on to a bush or tree to prevent the strong winds from blowing you away.
  - If you are driving and spot a tornado heading in your direction, drive away from its path at a right angle. If you cannot escape the tornado, get out of the car immediately as it may roll over or be blown through the air. Seek shelter or lie flat in a depression such as a ditch, culvert or ravine.

## 5. HURRICANES

Hurricanes are violent tropical storms.

High winds and torrential rains cause widespread damage and flooding. If you live in a coastal or low-lying area seek higher ground when a hurricane approaches.

Hurricanes are slow moving. Affected communities may be battered for several hours.

The centre or "eye" of a hurricane will seldom pass over, but if it does there will be a lull in the wind for a few minutes to half an hour or more. Stay in a safe place. Make emergency repairs only if necessary.

## 6. BLIZZARDS

Treat these severe winter storms with respect. Their high winds, extremely low temperatures and heavy snowfall can endanger lives in minutes.

Be prepared to wait out this storm indoors. Blizzards can last for days.

Know how to survive if trapped in your car when a winter storm strikes. Always have warm clothing and emergency supplies (candles, matches, flashlight, fresh batteries, blanket, etc.) in the trunk of your car.

Ice and freezing rain can cause power lines to break. Know how to protect yourself and your home in periods of extreme cold.