

Resources

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How can I build a safer home?

**IBHS = Insurance Institute
for Business and Home Safety**



<http://disastersafety.org>

Conducts objective, scientific research to identify and promote effective actions that strengthen homes, businesses, and communities against natural disasters and other causes of loss.

**FLASH = The
Federal Alliance for
Safe Homes**



<http://flash.org>

A non-profit consumer advocate group with an extensive web site, games, and information about how to strengthen your home and safeguard your family against common natural disasters.

Learn that it is possible to lower the amount of damage tornadoes do:

<https://vimeo.com/237087513>

Build or buy a FORTIFIED home: <https://disastersafety.org/fortified/fortified-home/>

Learn more about what FORTIFIED means: <https://fortifiedhome.org/standards/>

Consider buying or building a safe room: <https://www.fema.gov/fema-p-320-taking-shelter-storm-building-safe-room-your-home-or-small-business> If you buy a pre-made shelter, check to see if it is certified by the National Storm Shelter Association (NSSA; <http://nssa.cc>).

What can I do about storm anxiety?

Storm anxiety is real. Empower yourself by being more knowledgeable and prepared for the next time storms come. Visit: <https://www.weather.gov/oun/stormanxiety>

Prepare for storms:

1. Know your local geography
2. Get information from official, reliable sources
3. Have 3 ways to get storm alerts and warnings
4. Know where you will go if you need to take shelter

Plan for how you will take shelter: <https://www.weather.gov/oun/stormanxiety-shelter>

A healthy fear of thunderstorms is a good thing when it helps you be safe, but when it obstructs your normal daily routine, the Disaster Distress Helpline is available:

For help, call: 1-800-985-5990 or text TalkWithUs to 66746



Web: <https://www.samhsa.gov/find-help/disaster-distress-helpline>