

THE PULSE

COMMUNITY PREPAREDNESS

Checking our pulse is essential in monitoring our Vital Signs. The Pulse highlights a specific indicator of human well-being that is contained in United Way of Central Oklahoma's Vital Signs report or is being noticed through United Way's work in the community.

WHAT ARE THE ODDS?

1 IN 259 MILLION

Winning the Mega Millions jackpot

1 IN 112 MILLION

Dying by a falling vending machine

1 IN 1 MILLION

Dying by flesh eating bacteria

1 IN 13,000

Struck by lightning in your lifetime (est. 80 years)

1 IN 6,700

Dying in a car accident

EXPERIENCING
A **TORNADO**
IN YOUR AREA



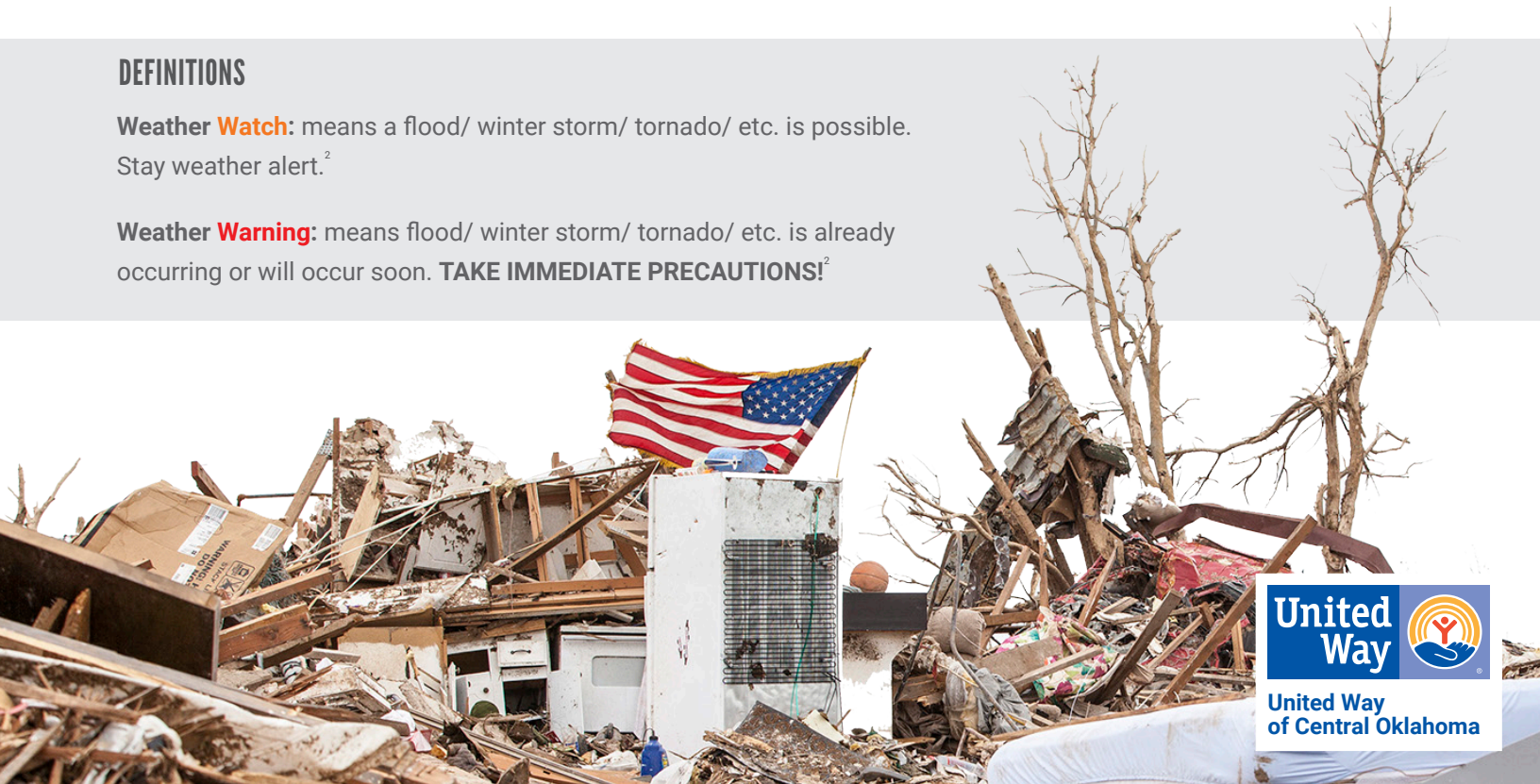
1 IN 1,600

EVERY YEAR IN CENTRAL OKLAHOMA¹

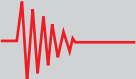







DEFINITIONS

Weather Watch: means a flood/ winter storm/ tornado/ etc. is possible. Stay weather alert.²

Weather Warning: means flood/ winter storm/ tornado/ etc. is already occurring or will occur soon. **TAKE IMMEDIATE PRECAUTIONS!**²



Identified Hazards for the OKC Metro Area⁴

Earthquakes		623 - 3+ magnitude earthquakes in 2016 ⁴
Extreme Heat		Averages 12 days per year with high temp $\geq 100^\circ$ and 68 days per year with high temps $\geq 98^\circ$ with 6 heat related fatalities in the past 5 years ¹¹
Flooding		Average 36.46" of rain per year ⁶ and has had 37 flash flood fatalities in the past 5 years ¹¹
Hail		Averages 3 to 3.5 days per year with 1.25" hail ⁷
High Winds		Averages 1.25 days per year with 75 mph winds, 6 to 7 days per year with at least 58 mph winds ⁸
Lightning		Approximately 50 bolts of lightning strike less than a mile from you each year ⁹ with 1 lightning fatality in the past 5 years ¹¹
Tornado		113 tornados in Oklahoma County since 1950 ⁸ with 45 tornado fatalities in the past 5 years ¹¹
Urban Fires		Averages of 8.8 fire fatalities a year ¹⁰

Oklahoma in
2016
experienced...

13

weather-related **deaths**¹¹

171

weather-related **injuries**¹¹

\$20.3
million

in weather-related **damages**¹¹

42% OF CENTRAL OKLAHOMA HOUSEHOLDS
DO NOT have an emergency plan for disasters.¹²

FAMILY EMERGENCY PLANS - help families prepare for times of disaster. Things to include in your family emergency plan include:

Escape routes from your home – Draw a floor plan of your home and mark two escape routes from your child's bedroom. Make sure your child understands the drawing and then post a copy at eye level in each child's bedroom.

Where to meet – Both a "near the home" such as a neighbor's porch or in the event of evacuation location somewhere slightly further away like a grocery store parking lot or church.

Family communication – Create a "contact card" for each family member that includes their name, phone number, an out-of-state contact and phone number, and neighborhood meeting place and phone number. Have family members keep these cards handy in a wallet, purse, backpack, etc.



46% OF CENTRAL OKLAHOMA HOUSEHOLDS **DO NOT** have an emergency preparedness kit.¹²

EMERGENCY PREPAREDNESS KIT - a disaster supply kit is a collection of basic items you need in the event of an emergency. Assemble your kit well in advance as you may have to evacuate at a moment's notice. You will probably not have time to search or shop for the supplies you need.

Quantity - Have enough food, water and other supplies sufficient to last for at least 72 hours.

Maintenance - This is just as important as collecting your supplies and making sure they are safe to use when needed. Keep items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers.

Location - Prepare supplies for home, work and vehicle since you do not know where you will be when an emergency occurs.



For more information on building your emergency kit visit:

www.fema.gov/disaster/4085/updates/building-supply-kit-your-family

For more information on building an emergency kit for your pet visit:

www.redcross.org/get-help/prepare-for-emergencies/pet-disaster-preparedness#Pet-Emergency-Kit

EARTHQUAKES

Central Oklahoma has a **medium-high risk** of forecasted frequency of earthquake shaking capable of causing damage.¹³

Practice how to "Drop, Cover and Hold On!"

Identify safe places in your home, office or school such as under a sturdy piece of furniture or against an interior wall so that when the shaking starts you can **DROP** to the ground, **COVER** your head and neck with your arms, and get to a nearby safe place and **HOLD ON**.

Great ShakeOut drill curriculum for K-12 schools, businesses and healthcare settings available for FREE at www.shakeout.org/resources/



FLOODING

Areas within Oklahoma County with the greatest risk of damaging floods includes Edmond, Del City, Choctaw, Midwest City, Nicoma Park, Spencer and The Village, putting **more than 14,000 at-risk for being displaced by forecasted flooding events**.¹⁴

Visit FEMA Flood Map Service Center to better understand your home or business flood risk at: msc.fema.gov/portal.

FEMA resources for earthquake and flood creative materials to promote preparedness available at: community.fema.gov/resources?lang=en_US.

LIGHTNING



HAS APPROXIMATELY

ONE MILLION



STRIKES PER YEAR ACROSS THE STATE.⁹



of people struck by lightning are **killed**,

LEAVING

90%

with various degrees of **disability**.¹⁵



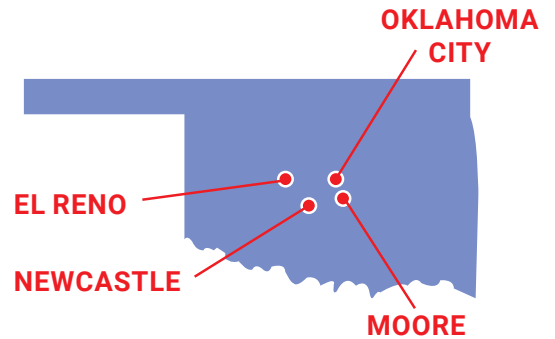
Fact or myth¹⁶:

Rubber sole shoes and rubber tires provide no protection from lightning.	<input checked="" type="checkbox"/>
Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.	<input checked="" type="checkbox"/>
Lightning strike victims carry no electrical charge and should be attended to immediately.	<input checked="" type="checkbox"/>
Thunderstorms are classified as "severe" if they produce hail at least one inch or larger in diameter, have winds of 58 miles per hour or higher and/or produce a tornado.	<input checked="" type="checkbox"/>

For additional lightning safety and science resources for teachers, youth and adults visit the National Weather Service website at www.lightningsafety.noaa.gov/tips.shtml.

TORNADOS

Only 10 communities in the entire country have been struck by more than one documented F5 or EF5 tornado since 1880 – **four central Oklahoma communities are among those ranks** – El Reno, Moore, Oklahoma City and Newcastle.¹⁹



Strength of a tornado has a significantly larger impact than population on the number of casualties.¹⁷

Highest probability of experiencing a tornado in central Oklahoma is from **April 8 - June 3**.¹⁸

To learn more about tornado safety and what to do before, during and after the storm visit the American Red Cross Tornado Safety website at www.redcross.org/get-help/how-to-prepare-for-emergencies

SPECIAL REPORT: COMMUNITY PREPARDNESS

For a more in depth guide on **steps for preparedness and recovery** following a disaster see our Special Report: Community Preparedness at www.unitedwayokc.org/research/library.



The Pulse is a product of Vital Signs; Oklahoma's only broad-based community evaluation with over two decades of trend data in six key areas important to our quality of life.

Interested in printed copies of our research publications or a presentation?

Contact United Way of Central Oklahoma's Community Impact Department at info@unitedwayokc.org or 236-8441.

NOTES AND CITATIONS

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