



National Weather Service Norman Forecast Office

Your direct source for weather information
In Oklahoma and western north Texas

weather.gov/norman

PLAN AHEAD!

Think about weather safety before the storm!

TORNADO SAFETY GUIDELINES

Get IN – Get DOWN – COVER UP



- An underground storm shelter or basement, or a safe room is usually the safest place
- If you cannot get below ground, get to the lowest floor, as far inside a sturdy building as possible
- Stay away from doors and windows
- Put as many walls between you and the tornado as you can
- Cover up – use pillows, blankets and helmets to protect your head and body
- Being outside, in a vehicle or in a mobile home are all dangerous places

OTHER WEATHER SAFETY FACTS

- **Severe thunderstorm warnings** alert you to dangerous hail and wind, and usually precede tornado warnings. Pay attention to them!
- Know where you are and where the storms are. **Avoid traveling** into areas where severe thunderstorms are occurring.
- All thunderstorms produce **lightning**. Move inside and stay away from windows when you see lightning or hear thunder.
- **Flooding rains** cause dangerous driving conditions. If you see water covering the road, **turn around – don't drown!**

A **TORNADO WATCH** means tornadoes and severe thunderstorms are possible. pay attention to the weather!

A **TORNADO WARNING** means a tornado is likely! Go to your safe place immediately!

WEATHER RADIO

A battery-operated weather radio can be your lifeline for critical information during severe weather. Every home, school and business should have a weather radio with a warning alarm.

NWS Weather Radio Transmitters

| | |
|-----------------|-------------|
| Altus | 162.425 MHz |
| Ardmore | 162.525 MHz |
| Atoka | 162.500 MHz |
| Chickasha | 162.450 MHz |
| Clinton | 162.525 MHz |
| Enid | 162.475 MHz |
| Lawton | 162.550 MHz |
| Oklahoma City | 162.400 MHz |
| Ponca City | 162.450 MHz |
| Stillwater | 162.500 MHz |
| Wewoka | 162.550 MHz |
| Wichita Falls | 162.475 MHz |
| Woodward | 162.500 MHz |
| Guymon | 162.500 MHz |
| McAlester OK | 162.475 MHz |
| Childress, TX | 162.525 MHz |
| Throckmorton TX | 162.425 MHz |
| Miami, TX | 162.450 MHz |
| Sherman TX | 162.475 MHz |
| Paris TX | 162.550 MHz |
| Denton TX | 162.450 MHz |
| Beaumont KS | 162.500 MHz |
| Belvidere KS | 162.525 MHz |
| Meade KS | 162.475 MHz |

