



# Electric Line Newsletter

## **SAFETY TIPS FOR BEFORE, DURING AND AFTER THE STORM**

Storm season is in full swing. Many summer storms have the potential to produce tornadoes—they can happen anytime, anywhere, and can bring winds over 200 miles per hour.

In April, a video of NBC Washington chief meteorologist Doug Kammerer went viral. During a live broadcast, Kammerer called his teenage son to warn him of a tornado that was headed straight for their home. Knowing the kids were likely playing video games and not paying attention to the weather, he told them to head straight to the basement. Kammerer debated if he should call his family on-air, but he knew it was the right thing to do. Luckily, the kids made it safely through the storm.

As adults, we understand the importance of storm safety, but younger children and teens may not realize the dangers storms pose. That's why it's so important to talk to your family and have a storm plan in place. Here are a several tips you can share with your loved ones.

### **Before the Storm**

Talk to your family about what to do in the event of a severe storm or tornado. Point out the safest location to shelter, like a small, interior, windowless room on the lowest level of your home. Discuss the dangers of severe thunderstorms; lightning can strike 10 miles outside of a storm. Remember: when you hear thunder roar, head indoors.

Make a storm kit. It doesn't have to be elaborate—having a few items on hand is better than nothing at all. Try to include items like water, non-perishable foods, a manual can opener, a First-Aid kit, flashlights and extra batteries, prescriptions, baby supplies and pet supplies. Keep all the items in one place for easy access if the power goes out.

### **During the Storm**

Pay attention to local weather alerts—either on the TV, your smartphone or weather radio—and understand the types of alerts. A thunderstorm or tornado watch means these events are possible and you should be prepared; a warning means a thunderstorm or tornado has been spotted in your area and it's time to take action.

If you find yourself in the path of a tornado, head to your safe place to shelter, and protect yourself by covering your head with your arms or materials like blankets and pillows.

If you're driving during a severe storm or tornado, do not try to outrun it. Pull over and cover your body with a coat or blanket if possible.

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## After the Storm

If the power is out, conserve your phone battery as much as possible, limiting calls and texts to let others know you are safe or for emergencies only.

Stay off the roads if trees, power lines or utility poles are down. Lines and equipment could still be energized, posing life-threatening risks to anyone who gets too close.

Wear appropriate gear if you're cleaning up storm debris on your property. Thick-soled shoes, long pants and work gloves will help protect you from sharp or dangerous debris left behind.

Summer is a time for many fun-filled activities, but the season can also bring severe, dangerous weather. Talk to your loved ones about storm safety so that everyone is prepared and knows exactly what to do when a storm strikes.



## Practice Storm Safety

- Have a plan in place and make a storm kit.
- Listen to local alerts and know where to shelter.
- Stay off the roads if trees and power lines are down.

## STAY FRESH: 5 TIPS FOR BETTER INDOOR AIR QUALITY

We spend a lot of time indoors. In fact, the Environmental Protection Agency estimates the average person spends 90% of their life indoors. (I don't know about you, but I suddenly have the urge to go for a long walk!)

Additionally, our homes are becoming more energy efficient—they're better insulated and sealed with less ventilation—which is great for our energy bills but not so much for our indoor air quality.

The thought of breathing in pollutants can be scary, but the truth is, indoor air pollution is common and simply unavoidable. The good news is there are ways you can easily improve the air quality of your home.

Here are five tips to help you breathe a little easier.

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**Change your air filter often.** Clogged, dirty filters reduce the amount of airflow and the HVAC system's efficiency. When a filter becomes too clogged, the excess dirt and dust are sent through your air ducts, adding unnecessary allergens and other unwanted particles into your living space. During the cooling season (summer months), the Department of Energy recommends replacing your air filter every month or two. This is one of the easiest ways to promote better indoor air quality *and* energy efficiency.

**Regularly vacuum carpet and rugs—especially if you have furry friends.** The cleaner the home, the healthier the home. Vacuuming carpet and area rugs once a week can greatly reduce the accumulation of pet dander and dust inside your home. Frequently clean other areas that collect dust, like drapes, bedding and cluttered areas.

**Use vents to remove cooking fumes.** Those exhaust fans aren't just for when you burn the bacon. Fans help remove fumes emitted while cooking and eliminate unwanted moisture and odors. They may be a bit noisy, but these handy tools can help you improve indoor air quality while you're preparing that culinary masterpiece (or even a grilled cheese sandwich!).

**Get a handle on humidity.** Summer months typically bring more humidity than we'd like, especially if you live in a high-humidity climate zone. Moisture in the air can carry bacteria and other unwanted particles that you eventually breathe in. Dehumidifiers work to remove that moisture from the air, reducing the amount of bacteria, mold and other allergens in your home.

**Incorporate air-purifying plants into your living space.** There are several varieties of indoor plants that can help detoxify your home from dust and germs found in a variety of home products, furniture and other materials. A few low-maintenance, air-purifying plants to consider are snake plants, aloe vera plants and pothos plants (also known as Devil's Ivy). These vibrant, lush plants are eye-catching and beneficial for any home. Remember to review care conditions and think about placement for any new plants you add to your home.

Taking simple steps to purify indoor air can improve health and overall quality of life. With a little effort, you can improve the indoor air quality of your home and breathe a bit easier.

