Spring means warmer weather and unfortunately, that weather can be severe at times. The Center for Disease Control and Prevention (CDC) has recommendations for preparing for spring time storms. See the information below that was taken directly from the CDC’s website.

Thunderstorms, Tornadoes, and Floods: Prepare Now for Unpredictable Spring Weather

Spring is the time of year when many things change—including the weather. Spring temperatures can swing back and forth between balmy and frigid. Extreme weather changes can sometimes occur within the same day. Days filled with sun and gentle breezes can suddenly become cloudy, bringing thunderstorms and possibly tornadoes or flooding. Mark Twain once said, "In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours."

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes, and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, when severe weather hits unexpectedly, the risk of injury and death increases, so planning ahead makes sense. Prepare for storms, floods, and tornadoes in advance, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes or floods requires specific safety precautions. Still, you can follow many of the same steps for all extreme weather events.
Have on hand:

- A battery-operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency evacuation plan, including a map of the home and, for each type of severe weather emergency, routes to safety from each room
- A list of important personal information, including
  - telephone numbers of neighbors, family and friends
  - insurance and property information
  - telephone numbers of utility companies
  - medical information
- A first aid kit including
  - prescription medication
  - hydrogen peroxide
  - antibiotic ointment
  - over-the-counter medicines such as aspirin and diarrhea medicine
  - bandages and dressings for injuries
- A 3–5 day supply of bottled water and nonperishable food
- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit in your car

Prepare family members for the possibility of severe weather. Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm. Practice an emergency plan for each type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in the home. Advance planning can decrease the risks when severe weather strikes in the spring.

For more information, visit http://www.cdc.gov/Features/UnpredictableWeather/
Air quality is a topic that concerns everyone, especially at certain times of the year. The National Institute for Occupational Safety and Health (NIOSH) provides useful information on this subject. See the following information taken from NIOSH’s website.

**NIOSH Safety and Health Topic:**

**Indoor Environmental Quality**

"Indoor Environmental Quality," as the name implies, simply refers to the quality of the air in an office or other building environments. Workers are often concerned that they have symptoms or health conditions from exposures to contaminants in the buildings where they work. One reason for this concern is that their symptoms often get better when they are not in the building. While research has shown that some respiratory symptoms and illnesses can be associated with damp buildings, it is still unclear what measurements of indoor contaminants show that workers are at risk for disease. In most instances where a worker and his or her physician suspect that the building environment is causing a specific health condition, the information available from medical tests and tests of the environment is not sufficient to establish which contaminants are responsible. Despite uncertainty about what to measure and how to interpret what is measured, research shows that building-related symptoms are associated with building characteristics, including dampness, cleanliness, and ventilation characteristics.

Indoor environments are highly complex and building occupants may be exposed to a variety of contaminants (in the form of gases and particles) from office machines, cleaning products, construction activities, carpets and furnishings, perfumes, cigarette smoke, water-damaged building materials, microbial growth (fungal / mold and bacterial), insects, and outdoor pollutants. Other factors such as indoor temperatures, relative humidity, and ventilation levels can also affect how individuals respond to the indoor environment.

Understanding the sources of indoor environmental contaminants and controlling them can often help prevent or resolve building-related worker symptoms. Practical guidance for improving and maintaining the indoor environment is available.

Workers who have persistent or worsening symptoms should seek medical evaluation to establish a diagnosis and obtain recommendations for treatment of their condition.

For more information, visit [http://www.cdc.gov/niosh/topics/indoorenv/](http://www.cdc.gov/niosh/topics/indoorenv/)