

**Mayo Clinic News Network Headline**

**April 16, 2015**

**Severe Weather Emergency Preparation**

Video	Audio
<b>b-roll: emergency message, tornado, weather flashing light video</b>	“Attention, attention. A tornado warning has been issued...”
<b>Vivien Williams on camera</b>  <b>VO: severe weather</b>	We’re talking extreme weather preparation. I’m Vivien Williams with this Mayo Clinic News Network Headline. No matter where you live, severe weather can hit.
<b>sot: Mark Bilderback</b>  <b>Mayo Clinic Emergency Management Associate</b>	“Disasters hit everywhere and knowing the type of threats – of weather or you may have a natural disaster or any disaster – knowing the potential should help you plan.”
<b>Vivien Williams voice over</b>  <b>b-roll</b>	Mark Bilderback and Meredie Sexton are emergency management associates at Mayo Clinic. They say it’s key to think ahead and put together an emergency kit.
<b>sot:</b>  <b>Meredie Sexton</b>  <b>Mayo Clinic Emergency Management Associate</b>	“In general, a first aid kit, a weather radio specifically battery powered, a whistle in case you are trapped and you need to make some noise, some sort of a tool to shut off your gas supply, flashlights, extra batteries, a poncho, some sort of disinfecting wipes.”
<b>Vivien Williams voice over</b>  <b>b-roll</b>	Also be sure you have three to four days worth of food and water. That’s about a gallon a day per person. Don’t forget personal items such as extra clothes, cash, toiletries, games, notebooks or something to do if you’re stuck in the basement riding out the storm or waiting for help to arrive. Being prepared can help keep you safe.
<b>Vivien Williams on camera</b>	And that’s today’s Mayo Clinic News Network Headline, I’m Vivien Williams