



# National Weather Service Norman Forecast Office

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

**[weather.gov/norman](http://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!

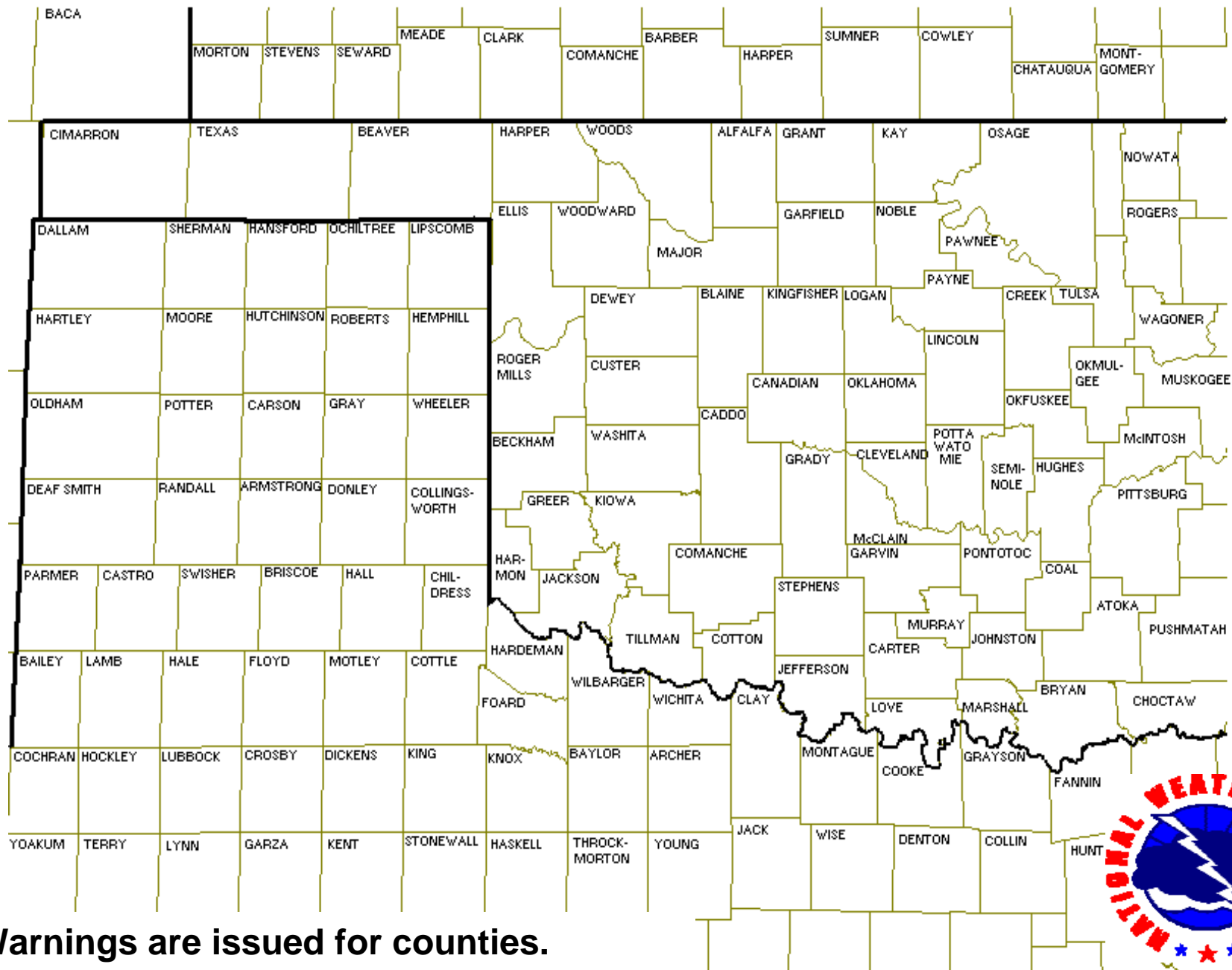
### WEATHER RADIO

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

# National Weather Service – Norman Forecast Office



**Warnings are issued for counties.  
Know your county and those around you.**



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