

Thunderstorms and Lightning

Protect Yourself

- Get inside a home or large building when a storm approaches. Stay indoors and don't venture outside unless absolutely necessary.
- Stay away from open doors, windows, fireplaces, radiators, stoves, metal pipes, sinks and appliances.
- Do not use electrical appliances.
- Use telephone for emergencies only.



During a Storm

If you are outside, with no time to reach a safe building or vehicle, follow these rules:

- Do not stand under a natural lightning rod such as a tall, isolated tree in an open area.
- In a forest, seek shelter in a low area under a thick growth of small trees.
- In open areas, go to a low place such as a ravine or valley. Be alert for flash floods.
- Do not stand on a hilltop, in an open field, on the beach or in a boat on the water.
- Avoid isolated shed or other small structures in open areas.
- Get out of the water and off small boats.
- Get away from anything metal – tractors, farm equipment, motorcycles, golf carts, golf clubs, bicycles, and umbrellas made with metal.
- Stay away from wire fences, clothes lines, metal pipes, rails, exposed sheds or anything that is high and could conduct electricity. Some of these items could carry electricity to you from some distance away.
- When you feel an electrical charge – indicated if your hair stands on end or your skin tingles – squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees.
- Do not lie flat on the ground!