**Be alert**

- Monitor local weather conditions with an AM/FM or dedicated weather radio.
- Watch for developing thunderstorms.
- When you first see lightning or hear thunder, be prepared to implement your plan.
- Since lightning often precedes rain, don't wait for rain or lightning before taking cover.

**Seek shelter**

- Look for a large, enclosed building. That's the best choice.
- If you are swimming, fishing or boating and there are clouds, dark skies and distant rumbles of thunder or flashes of lightning, get to shore immediately and seek shelter.
- Avoid small sheds and lean-tos or partial shelters, like pavilions.
- If you are in a boat and cannot get to shore, crouch down in the middle of the boat. Go below if possible.
- Stay at least a few feet away from open windows, sinks, toilets, tubs, showers, electric boxes and outlets, and appliances. Lightning can flow through them and "jump" to a person.
- Insofar as possible, unplug appliances and electronic equipment, including antenna connections.

**If you are caught outside**

- If your skin tingles or your hair stands on the end, a lightning strike may be about to happen.
- If you are in a boat and cannot get to shore, crouch down in the middle of the boat. Go below if possible.
- If you are on land, find a low spot away from trees, metal fences, pipes, tall or long objects.
- If you are in the woods, look for an area of shorter trees. Crouch down away from tree trunks.

There is no danger to anyone helping a person who has been struck by lightning — no electric charge remains. So, lightning victims are safe to touch and need urgent medical attention. Get emergency medical help as soon as possible. Call 911.