



# Lightning

## 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.

## 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.

## Seek shelter



Look for a large, enclosed building. That's the best choice.



If you are in a car and it has a hard top, stay inside and keep the windows rolled up.



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.



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.

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.