

Responding appropriately during a thunderstorm

If you can hear thunder, you are close enough to be in danger from lightning. ***If thunder roars, go indoors!***

Staying inside for at least 30 minutes after the last thunder clap or lightning flash.

If you are outside and cannot reach a safe building, ***avoid high ground; water; tall, isolated trees; and metal objects such as fences, bleachers, dugouts, bats and picnic shelters are NOT safe.***

People who have been struck by lightning do not carry an electrical charge and can be safely handled, but victims may be suffering from burns or shock and should receive medical attention immediately. If you come across someone who has been struck, call for medical assistance immediately and, if breathing has stopped, administer mouth-to-mouth or cardio-pulmonary resuscitation (CPR).

If caught outdoors:

- Avoid putting yourself above the surrounding landscape. Seek shelter in low-lying areas such as valleys, ditches and depressions but be aware of flooding.
- ***Stay away from water.*** Don't go boating or swimming if a storm threatens, and get to land as quickly as possible if you are already on the water. Lightning can strike the water and travel a substantial distance from its point of contact.
- ***Stay away from objects that conduct electricity, such as dugouts, backstops, metal fences, tractors, bats and bicycles.***
- Avoid being the highest point in an open area. Swinging a bat, or holding an umbrella or fishing rod can make you the tallest object and a target for lightning.
- You are safe inside a car during lightning, but be aware of downed power lines which may be touching your car. You are safe inside the car, but you may receive a shock if you step outside.
- In a forest, seek shelter in a low-lying area under a thick growth of small trees or bushes.

Indoor Precautions:

- Turn off or disconnect electrical appliances, radios and television sets. Do not touch them during the storm.
- Don't go outside unless absolutely necessary.
- Keep as many walls as possible between you and the outside.
- Don't handle electrical equipment or telephones. The electrical current from the lightning strike will travel through wires and cords and if you are directly connected with them, you could be struck. Use battery operated appliances only.
- ***Cordless telephones are safe however you could receive a very loud noise on the phone which may seem like a shock. This would be consistent with the house or somewhere nearby being struck by lightning.***