Reduce your risk of lightning injuries with these tips.

Before the Storm

■ Stay alert and listen carefully for the first signs of lightning or thunder. Remember, “If Thunder Roars, Go Indoors™.”
■ Seek shelter. Lightning often hits before the rain begins, so don’t wait for the rain to start before leaving.

If You are Outdoors

■ Immediately get off elevated areas such as hills, mountain ridges or peaks.
■ Never lie flat on the ground.
■ Never shelter under an isolated tree.
■ Never use a cliff or rocky overhang for shelter.
■ Immediately get out and away from ponds, lakes and other bodies of water.
■ Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.).

If You are Indoors

■ Avoid water and stay away from doors and windows.
■ Do not use the telephone or headsets. Cell phones are ok.
■ Turn off, unplug and stay away from appliances, computers, power tools and televisions sets as lightning may strike exterior electric and phone lines inducing shocks to equipment inside.

After the Storm

■ Don’t resume activities until at least 30 minutes after the last lightning strike or thunderclap.
■ Call 911 immediately if anyone is injured and use first aid procedures.
■ Lightning victims do not carry an electrical charge, so it is safe to administer medical treatment.

Protect your home in a FLASH with the Federal Alliance for Safe Homes!

www.flash.org  •  toll-free 1-877-221-SAFE

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