

What to do before a storm with lightning:

- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Remember the 30/30 lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Postpone outdoor activities.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Use your battery-operated NOAA Weather Radio for updates from local officials.

Flash-to-Bang

- When you see the FLASH, count the seconds to the BANG
- Every five seconds equals one mile. Divide by five to give the distance in miles from you to the lightning.
- 30 seconds - suspend all outdoor activities (lightning strike was 6 miles away or less) and seek safe shelter
- If you count 15 seconds or less, a lightning strike could occur where you are (three miles away or less).



Avoid the following:

- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach, or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.

What to do during a storm with lightning:

- Seek shelter immediately.

What to do after a storm with lightning:

- If anyone was struck by lightning, activate the emergency response system by dialing 9-1-1 and begin CPR.