

# LIGHTNING SAFETY

**When thunder roars,  
go indoors!**

There is no safe place outside when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, **“When Thunder Roars, Go Indoors!”** Too many people wait far too long to get to a safe place when thunderstorms approach. Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the U.S.

## Minimizing the Risk

If the sky looks threatening or if you hear thunder, get inside a safe place immediately. Once inside, avoid contact with corded phones, electrical equipment, plumbing, and windows and doors. Finally, wait 30 minutes after the last lightning or thunder before going back outside.

## Facts About Lightning Strikes

All thunderstorms produce lightning and are dangerous. Fortunately, people can be safe if they follow some simple guidelines when thunderstorms are forecast.

Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall. Many lightning deaths occur ahead of storms before any rain arrives or after storms have seemingly passed and the rain has ended.

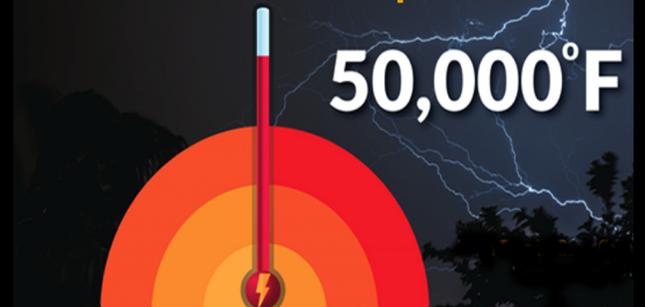
If you can hear thunder, you are in danger. Don't be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.

Lightning leaves many victims with permanent disabilities. While only about 10% of lightning victims die, many survivors must live the rest of their lives with intense pain, neurological disabilities, depression, and other health problems.

## Lightning Victims

If someone is struck by lightning, they may need immediate medical attention. Lightning victims do not carry an electrical charge and are safe to touch. Call 911 and monitor the victim. Start CPR or use an Automated External Defibrillator if needed.

**Lightning is hotter than the surface of  
the sun and can reach temperatures around**



## AVOID THE LIGHTNING THREAT

1. Have a lightning safety plan.  
*Know where you'll go for safety and ensure you'll have enough time to get there.*
2. Postpone outdoor activities.
3. Monitor the weather.
4. Get to a safe place.
5. If you hear thunder, don't use a corded phone except in an emergency
6. Keep away from electrical equipment and plumbing.

For more information visit [www.weather.gov/lightning](http://www.weather.gov/lightning)

