



# Thunderstorm and Lightning Safety



1. If you can hear thunder, take cover in your house, a large building, or your car.
2. Keep away from all metal objects.
3. Avoid using the telephone, except for emergencies.
4. Stay away from lakes, streams, and rivers.
5. If you are swimming or boating make your way to land immediately.
6. Avoid bath tubs, water faucets, and sinks.
7. If you cannot get indoors or your hair stands on end (this means lightning is about to strike) hurry to a low open space.
8. If your are caught in a low open space, crouch down and place your hands on your knees.
9. DO NOT lie flat on the ground.

10. If you are caught in the forest find shelter in a low lying area under a thick growth of small trees.

