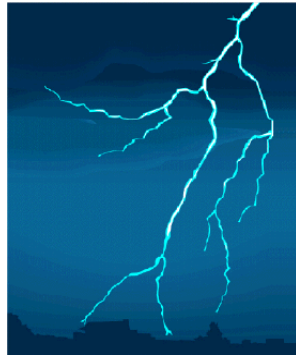


## Lightning and thunderstorms

If you can hear thunder, you are close enough to the storm to be struck by lightning.



Squat low to the ground, and place your hands on your knees with your head between them. **Do not lie flat on the ground!**

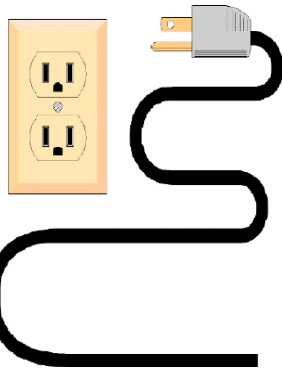


Go to safe shelter immediately, and listen to local radio and TV stations for information and instructions. Make sure your NOAA weather radio is turned on.



After the storm passes, stay away from storm-damaged areas. Listen to the radio or watch local TV stations for information and instructions.

When a storm approaches, unplug appliances and turn off the air conditioner.



Avoid using the telephone or any electrical appliances, and do not take a bath or shower.

If someone is struck by lightning, he or she does **not** carry an electrical charge and can be handled safely. Call 911 and give first aid.



If you are in the woods, take shelter under the shorter trees.



Basic first aid skills can be invaluable, so learn them now. See your local yellow pages for a list of providers who teach first aid classes.

If you are boating or swimming, get to land and find shelter immediately!



Remember: If you can hear thunder, you are close enough to the storm to be struck by lightning. Seek shelter immediately.



If you can't find shelter, go to a low lying, open place away from trees, poles or metal objects.



Text from "Are You Prepared?" by the Cass (ND) and Clay (MN) Emergency Planning Partnerships. Created with funding provided by Fargo Cass Public Health through the Cities Readiness Initiative (CRI) Adapted by Healthy Roads Media ([www.healthyroadsmedia.org](http://www.healthyroadsmedia.org))