



LIGHTNING AND THUNDERSTORM SAFETY

Thunder and lightning are often on the top of the list of fears for younger children.

Because of the damage that severe thunderstorms and tornadoes can cause, many adults have a healthy fear of them too. More than 200 people are killed in thunderstorms each year, mostly from lightning and flash flooding.

Lightning causes thunder, if you hear thunder, there is lightning nearby, so remember the following tips:

LIGHTNING SAFETY

- Stay off corded phones and avoid taking a bath or shower, as telephone lines and metal pipes can conduct electricity if your home is struck by lightning.
- Seek shelter in a low-lying area that is not prone to flash flooding. If you are caught outside during a storm, stay away from tall trees or metal poles.
- Avoid riding on anything metal during a severe thunderstorm with close lightning, such as a bicycle or golf cart.
- Seek emergency medical attention if you see someone hit by lightning and start first aid, including CPR if necessary.

THUNDERSTORM SAFETY

- Don't watch the thunderstorm. Instead, go inside and stay away from windows, open doors, and your porch. If possible, shutter windows or at least close the window blinds or curtains, in case flying debris hits the window.
- Have a safe place to go if a tornado is headed toward your home. A safe haven would be a tornado shelter, basement, center hallway, bathroom, closet, or other room on the lowest level of your home that is near the center of your home and doesn't have any windows.
- Be prepared to go to your safe room during a tornado watch or severe thunderstorm warning, during which a tornado could strike.
- Have a supply kit ready in your safe room that you will go to in severe weather, including a battery powered weather radio, flashlight, extra batteries, and any medications your kids might need, such as an asthma inhaler.
- Check for downed power lines or other damage after the thunderstorm before your kids go outside.

