



Lightning Safety

When Thunder Roars, Go Indoors!



Outdoor activities account for about **60 percent** of lightning deaths.

If you're going to the beach or watching a sporting event, keep an eye on the weather.

Outdoor Safety

If in or on open water, go to land and seek shelter.

Seek shelter in a building or hard-topped vehicle.




Indoor Safety

Avoid washing hands, showering, doing laundry, or washing windows.

Stay away from windows.

Stay off electronic equipment that puts you in direct contact with electricity.

If you cannot get to **shelter** and you feel your hair stand on end, which indicates that lightning is about to strike, **crouch down** like a baseball catcher with your heels touching. Cover your ears.



Lightning First Aid

Call 9-1-1 and be prepared to give medical care. Administer CPR if you know how, if it is needed, and safe.