

THUNDER AND LIGHTNING

Before & During

- If you hear thunder, you may be close to be struck by lightning.
- Keep monitoring local media for updates and warning instructions.
- Keep ready an Emergency/ Survival Kit with important medication.



- Postpone outdoor activities. Stay indoors. Ensure the same for children and domestic animals/ pets as well.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning.
- Unplug any electronic equipment well before the storm arrives. Use your battery- operated Radio for updates from local officials.
- Avoid contact with electrical equipment or cords. Unplug appliances and other electrical items, metal fences, and turn off air conditioners. Keep away from utility lines. Do not go close to flag or TV mast, pipes or vertical metal fixtures.



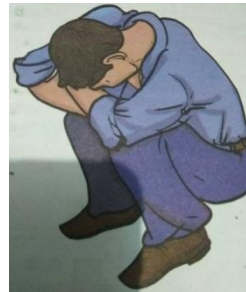
- Do not lie on concrete floors and do not lean against concrete walls.
- If outdoors, get off bicycles, motorcycles or other vehicles. Look for a safe shelterⁱ
- Do not take shelter under trees, as they conduct electricity.
- Remove tree timber which may cause a flying accident.



- Livestocks may gather under trees during thunderstorms, which can affect them. Help move animals into a closed shelter.
- Avoid bathing and stay away from running water as lightning can travel along metal pipes.



- If outside, do not lie flat on ground, crouch down with feet together and head down to make yourself a smaller target.



- As far possible, find shelter in low lying area and make sure that the spot chosen does not get flooded. Be alert for flash floods.
- If boating or swimming, get to safe land/ shelter quickly.
- During a storm, remain in your vehicle until help arrives or the storm passes.
- If in a vehicle during a storm, remain inside, without touching metal from inside, keep windows up and park vehicle away from trees and power lines.



- Do not go near forest areas, If, in a forest, seek shelter in low area under a thick growth of small trees.



After

- Continue to listen to local radio and television stations for updated information or instructions, as access to roads or some parts of the community may be blocked.
- Help people who may require special assistance, such as infants, children and the elderly.
- Stay away from downed power lines and report them immediately.
- If possible, give First-aid to the person struck by lightning, take to nearest hospital.
- Remember, person struck with lightning carry NO electrical charge and can be handled safely.
- Victims of lightning strike may suffer varying degrees of burn, look for injury marks and treat accordingly.



If someone is struck by lightning

- A bolt of lightning can be fatal if it strikes someone on the head and then travels down to the ground. It can also cause severe burns, broken bones, cuts, and unconsciousness; and it can set clothing on fire.
- Do not touch someone who has been struck by lightning if he or she is very wet or in water: you could be electrocuted because the electrical discharge is still within his or her body.
- Dial Ambulance at 102 immediately, even if the person appears to be unharmed.
- If the person's clothing is on fire, follow the instructions on p 16.
- Treat the burns, give first aid.
- If the person is not breathing, start rescue breathing.
- If the person has no signs of circulation, start CPR, else call medical help immediately.

