



# THUNDERSTORM

**Create a plan for your family.** Your family might not be together when a thunderstorm strikes. That's why it is important to have a plan in place. Talk about how you will reach each other.

**Prepare an emergency kit.** The below listed items should be part of your basic emergency kit and kept in a container that can be easily carried. Use the Family Safety Guide as a reference to gather additional items important to your family.

- Water and canned or dried food - families should set aside one gallon of water per person per day, to last three days, and a three-day supply of food per person. The food should be nonperishable items that don't need to be cooked, such as tuna and crackers. Remember to include a manual can opener. If there's an infant in the house, include formula and baby food.
- Battery powered radio
- Flashlight
- Extra batteries for the radio and flashlight
- Prescription medications
- First-aid kit

**Listen for information about what to do and where to go during an actual emergency.** City, county, and state officials have developed emergency plans. Learn about your local community's emergency warning system for severe thunderstorms.

**If you are outside in a wooded area, take shelter under a thick growth of small trees.** Never stand under a tall, isolated tree, on a hilltop, in an open field, or near open water. If you are in an open area, move to a low spot such as a ravine or valley. Stay away from metal equipment and items such as fences, tractors, pipes or bicycles. If you are swimming or boating, get out of the water immediately and take shelter. Postpone outdoor activities if thunderstorms are likely to occur. Many people are struck by lightning that are not in the area where it is raining.

**Designate a safe place in your home to gather during a thunderstorm.** The safe area should be away from windows, skylights and glass doors that could be broken by strong winds or hail. Do not use a corded telephone, use cell phones and cordless phones instead. Unplug electronics and turn off air conditioners. Avoid electrical devices, use battery-powered TVs and radios.

**If a thunderstorm warning is issued, take shelter in a building or in a vehicle with the windows closed.** Get out of mobile homes that can blow over in high winds.

**If you can hear thunder, you are close enough to be in danger from lightning.** If thunder roars, go indoors! The National Weather Service recommends staying inside for at least 30 minutes after the last thunder clap.

**Feeling your hair stand on end means lightning is about to strike nearby.** Make yourself into a small target. Squat down on the balls of your feet – do not lie flat on the ground. Place your hands over your ears and tuck your head between your knees.

**Call for help.** Call 9-1-1 for help if you or a loved one is struck by lightning.

**Severe Thunderstorm Watch**  
Severe thunderstorms are likely to occur.

**Severe Thunderstorm Warning**  
Severe thunderstorms have been spotted and people in the path of the storm are in danger.