

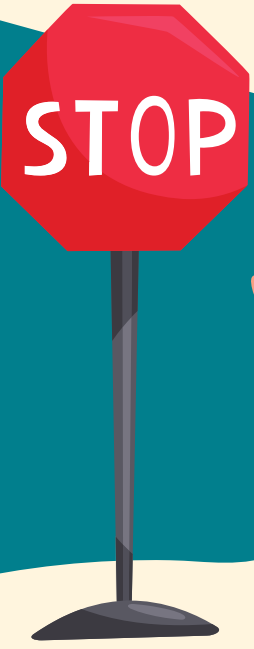
THUNDERSTORM SAFETY GUIDE

Check the Forecast

Be aware of the weather forecast before participating in outdoor activities

Severe Thunderstorm Watch: Be prepared. Severe storms possible.

Severe Thunderstorm Warning: Severe storms expected. Take action and seek shelter.



Stop Activities

Seek a safe location as soon as you or others nearby see lightning and/or hear thunder.

Parks, Beaches and Pools all must be cleared

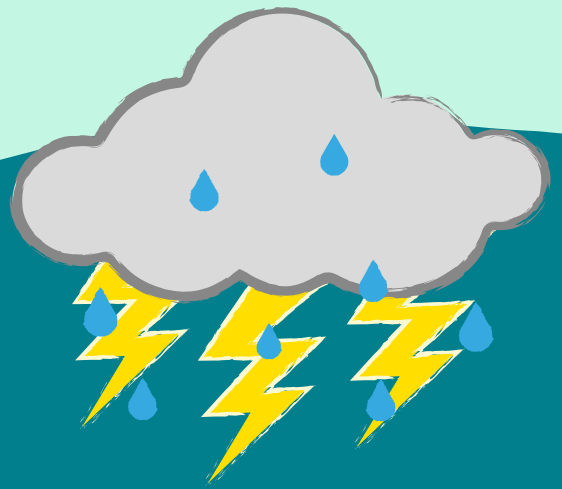
Safe Locations

Safest: Going into a fully enclosed building.

Safe: Taking shelter in a hard-topped vehicle.

Not safe: Do not take shelter under a tree, on a hilltop or in an open field.

If you cannot get indoors or in a vehicle, go to the lowest area nearby and make yourself as small as possible.



Resuming Activities

Be sure to wait at least 30 minutes after the last clap of thunder or strike of lightning to go back outside to resume activity.

If someone is struck

- **Call 9-1-1** for help immediately
- Give first aid. Begin CPR if you are trained
- Don't be a victim. If possible, move the victim to a safer place. Lightning can strike twice.

