



# WHAT WILL YOU DO When Lightning Strikes?



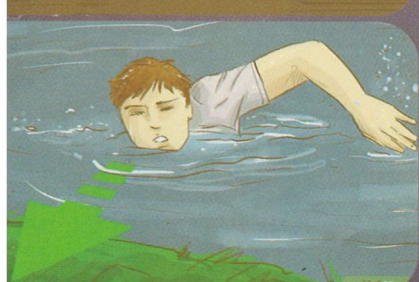
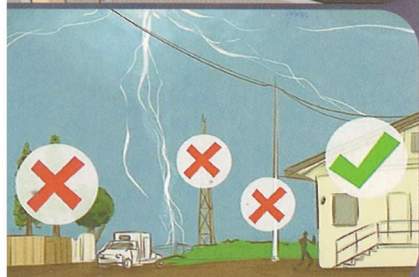
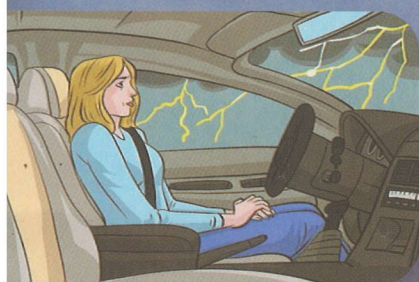
## When you are Indoors

- Avoid contact with electrical equipments and telephone. Unplug any electronic equipment before the storm arrives.
- Stay away from window and doors, and stay off verandas
- Avoid contact with plumbing and metal pipes. Do not wash your hands, do not take a shower., do not wash dishes and do not wash clothes



## When you are Outdoors

- Tall trees attract lightning. Never use trees as a shelter. Avoid the tallest object in the area. Spread out, don't stand in a crowd of people.
- Get inside a house, building, or hard top automobile. Although lightning might strike your car, you are much safer inside a vehicle than outside.
- Don't use metal objects outside. Keep away from metal objects including bikes, electric or telephone poles, fencing, machinery etc.
- Get out of water. This includes getting off small boats on the water. Immediately get out and away from pools, lakes, and other bodies of water.
- If your hair stands on the end or your skin tingles, lightning may be about to strike near you, immediately crouch down and cover your ears. Do not lie down or place your hands on the ground.



## What to do after lightning strikes?

Victims of lightning shock should be administered CPR (Cardio Pulmonary Resuscitation) i.e, artificial respiration, if necessary. Seek medical attention immediately.