

# ARE YOU PREPARED FOR SEVERE THUNDER STORMS?



## Stay alert to severe weather warnings

through community alert systems and the National Oceanic and Atmospheric Administration.



## Locate safe shelter

in nearby areas where you regularly work and play outdoors and learn thunderstorm safety.



## Prepare your home

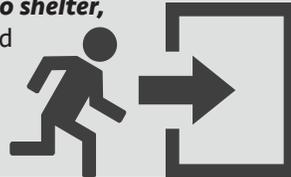
for possible lightning strikes by removing trees that could cause damage and installing surge protectors and lightning rods.



## Consider learning first aid

and how to respond with CPR, shock and burn care if someone has been struck by lightning.

- ✓ **Look for darkening skies**, increased wind, sounds of thunder and distant flashes of light. Cancel outdoor activities as needed.
- ✓ **Move indoors immediately** if at all possible, or at least into a car with the windows rolled up.
- ✓ **Avoid running water, electrical appliances** and landline phones, which can conduct electricity.
- ✓ **If swimming or boating**, exit the water as quickly as possible and find shelter on land.
- ✓ **If in a car**, avoid convertibles if possible, and do not touch any metal parts of the vehicle.
- ✓ **If caught outdoors with no shelter**, avoid tall trees, water-filled areas, and metal. Make yourself a small target in a low-lying area.



Volunteer now to help victims of tornadoes, hurricanes, fires, floods, and other natural disasters in the U.S.

[ob.org/volunteer](https://ob.org/volunteer)