

## Recommended Information for Media Stories on Lightning Safety



### OUTSIDE SAFETY

- NO place outside is safe when thunderstorms are in the area.
- Schedule outdoor activities to avoid the lightning risk.
- Check the latest forecast and cancel or postpone activities if thunderstorms are predicted.
- Monitor weather conditions via radar or lightning app.
- Keep a watchful eye on the sky. Listen for thunder.
- Lightning can strike outward 10 miles from a storm. If you hear any thunder, even a distant rumble, you are likely within striking distance of the storm.
- Head quickly to a safe place at the first signs of a developing or approaching thunderstorm. (A safe place is a fully enclosed substantial building with wiring and plumbing or fully inside a hardtop metal vehicle.)
- Remain inside the safe place for at least 30 minutes after the last thunder before returning outside.

### INSIDE SAFETY

- Anything that is plugged into an electrical outlet is dangerous to touch when a thunderstorm is in the area.
- Any plumbing (or water coming from the plumbing) is dangerous to touch when a thunderstorm is in the area.

### IF SOMEONE IS STRUCK

- Victims do not retain a charge and are safe to touch.
- Call 911 or signal for help.
- Begin CPR or use a defibrillator (AED), if necessary.

### OTHER INFORMATION

- Up-to-date statistics for U.S. lightning fatalities are available on the [National Lightning Council's Fatality webpage](#).
- About 90% of lightning strike victims survive, but many are left with life-long debilitating injuries.

### LIGHTNING SAFETY SLOGANS

- **NO** Place Outside Is Safe When A Thunderstorm Is In The Area!
- When Thunder Roars, Go Indoors!
- Half An Hour Since Thunder Roars, Now It's Safe To Go Outdoors!

### DO NOT INCLUDE

- [The "Lightning Crouch". It is not recommended.](#)
- Counting seconds between lightning and thunder while outside (i.e., the 30-30 rule).
- The word "shelter". It could be misinterpreted by public to mean rain shelter.