



# ***When Thunder Roars, Stay Indoors***

- **Stay indoors, Avoid open spaces** - Seek sturdy building or hard-top vehicles with windows rolled up. Avoid balconies, porches, open garages or car ports.
- **Avoid isolated tall trees** - If you are stuck outside, try to avoid tall trees as lightning often hits the highest point.
- **If far from safe shelter, Crouch down in a ball-like position** with your head tucked and hands over your ears, with minimal contact with the ground.
- **Listen to weather advisory** - Listen to alerts and advisories of the National Meteorological Service and Disaster Management Agencies. Postpone travel plans if advisory warns of thunderstorm or lightning.
- **Avoid water** - Avoid contact with water during lightning. Get out of and away from bodies of water. Postpone bathing, washing dishes, etc... Lightning can travel through plumbing.
- **Use only cellular, cordless phones** - Avoid using electronic equipment of all types. Lightning can travel through electrical systems such as radio reception systems. It is, however, safe to use cordless or cellular phones.
- **Avoid concrete floors and walls** - Lightning can travel through any metal wires or bars in concrete walls or flooring.



**Caribbean Meteorological Organization**

[http://www.cmo.org.tt/lightning\\_symp.html](http://www.cmo.org.tt/lightning_symp.html)

<http://lightningsafetycouncil.org/LSC-ILSD.html>