



Fact Sheet

Hear thunder – run for cover

As spring weather continues to bring thunderstorms, families are encouraged to protect against lightning. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening. Even if there is advance warning, people may not hear it or may not take cover.

Some people believe if it is not raining or there are no storm clouds overhead, they are not in danger of being struck by lightning. But lightning can strike up to 10 miles away from a thunderstorm. Many people who are hit are not even in the area where rain is falling. If you can hear thunder, you are in danger from lightning.

If you are outdoors, keep an eye on the sky. Watch for darkening skies, increasing wind or flashes of lightning. If you hear thunder, get away from water and go inside a sturdy building immediately. Avoid high ground, tall isolated trees, and metal objects like fences or bleachers. Do not take shelter in places like sheds, picnic areas, or a baseball dugout. If there is no shelter nearby, get into a car with a hard top and roll up the windows.

Lightning usually strikes objects that are tall, pointy or isolated, but it can strike anywhere, and it can strike the same place more than once. There is no safe place to shelter outdoors when lightning strikes.

If someone is struck by lightning, call 9-1-1 immediately for medical help.

There are 25 million lightning strikes in the U.S. each year, making lightning one of the top three storm-related killers in the U.S. Play it safe – postpone outdoor activities when thunderstorms are expected.

Learn more by visiting www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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