Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. In 2011 there were 26 fatalities and 187 injuries from lightning. Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening.

Here are some things to remember:

**Before the storm:**
- Adhere to “Severe Weather Watches” and postpone outdoor activities.
- Get inside a home, building, or hard top (not a convertible) automobile.
- Unplug electronic equipment before the storm arrives.

**During the storm:**
- Avoid contact with electrical equipment or cords. Power surges from lightning can cause serious damage.
- Avoid contact with plumbing. Plumbing and bathroom fixtures can conduct electricity. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry.
- Stay away from windows and doors, and stay off porches.
- Use only cordless or mobile phones; do not use “land-line” phones.
- Use your battery-operated NOAA Weather Radio for updates from local officials.

**After the storm:**
- Stay indoors for 30 minutes after hearing the last clap of thunder.
- Stay away from storm-damaged areas; do not put yourself at risk from the effects of severe thunderstorms.
- Continue to listen to a NOAA Weather Radio or local radio and television stations for updated information or instructions, as access to roads or some parts of the community may still be blocked.

If you can see cloud-to-ground lightning or hear thunder, you are in danger of being struck by lightning and no place outside is safe, remember…

**When Thunder Roars, Go Indoors!**

For more information: [www.nws.noaa.gov/os/lightning](http://www.nws.noaa.gov/os/lightning)