



## Lightning Safety Tips

1. **Stay indoors** – *When Thunder Roars, Stay Indoors.*
2. **Avoid open spaces** - Seek sturdy building or hard-top vehicles with windows rolled up. Stay off balconies, porches and out of open garages or car ports.
3. **Stay clear of isolated tall trees** - If you are stuck outside, try to avoid tall trees as lightning often hits the highest point.
4. **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.
5. **Listen to weather advisory** - Listen to the alerts and advisories of the National Meteorological Service and Disaster Management Agencies. Postpone your travel plans if the advisory warns of thunderstorm or lightning.
6. **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.
7. **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.
8. **Avoid concrete floors and walls.** Lightning can travel through any metal wires or bars in concrete walls or flooring.

*On 28 June each year, lightning safety programmes commemorate the 18 children who lost their lives from a single lightning strike at Runyanya Primary School, Uganda, and advocate for lightning safety across the world.*