



LOOK UP LOOK OUT 30-30 Rule

Take appropriate shelter when you count 30 seconds or fewer between lightning and thunder.

Then remain sheltered for at least 30 minutes after the last thunder.

NEVER shelter under a tree or group of trees or in an open field or small open structures such as picnic shelters. People should stay away from metal poles (goal posts), fences, clothes lines and should not use umbrellas or mobile phones.

Preferably shelter in a large building. Once inside, stay away from fixed telephones, electrical appliances, lighting fixtures, radios, microphones, electric sockets, and all plumbing. Do not watch lightning from open windows or doorways.

Remain sheltered for at least 30 minutes after the last thunder is heard.