



# Thunderstorms & Lightning

Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can:

- Include powerful winds over 50 MPH;
- Create hail; and
- Cause [flash flooding](#) and [tornadoes](#).

## IF YOU ARE UNDER A THUNDERSTORM WARNING, FIND SAFE SHELTER RIGHT AWAY

- **When thunder roars, go indoors!**
- Move from outdoors into a building or car.
- Pay attention to alerts and warnings.
- Unplug appliances.
- Do not use landline phones.

## HOW TO STAY SAFE WHEN A THUNDERSTORM THREATENS

### WHAT TO DO NOW: Prepare

- Know your area's risk for thunderstorms. In most places, they can occur year-round and at any hour.
- Truckee has frequent thunderstorms in the afternoons in late July and throughout August.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Identify nearby, sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

### WHAT TO DO DURING: Survive

- When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.
- Golfers – STOP PLAYING; quit swinging your clubs which are excellent lightening rods. Go inside.
- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.

- When you receive a thunderstorm warning or hear thunder, go inside immediately.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices. Secure outside furniture.
- If boating or swimming, get to land and find a sturdy, grounded shelter or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

## WHAT TO DO AFTER: Be Safe

- Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.
- Watch for fallen power lines and trees. Report them immediately.

## Shareables

- [Thunderstorms Information Sheet \(PDF\)](#)
- [NOAA Watch \(link\)](#)
- [Centers for Disease Control and Prevention - Lightning \(link\)](#)
- [American Red Cross \(link\)](#)