THE DOs AND DON’Ts OF LIGHTNING SAFETY

**DO:**
- Go inside when you hear thunder
- Find a house, building or a car with a solid roof
- Stay inside for at least 30 minutes after you last hear thunder or see lightning
- Use surge-protected outlets and power strips in your home
- Have a complete lightning protection system (LPS) installed on your home to prevent lightning fires
- Unplug expensive electronics from the wall
- Provide immediate medical treatment if someone near you has been struck

**DON’T:**
- Retreat to dugouts, sheds, pavilions, picnic shelters or other small structures
- Use or touch electronics, outlets, corded phones or windows
- Shower, take a bath, wash dishes or use any other water source
- Stick with a group or another person if stuck outside
- Swim or be close to bodies of water
- Go under or near tall trees
- Stand near metal objects such as fencing, bikes, golf carts/clubs or machinery
- Lie on the ground

These do not provide the necessary protection to keep you safe.

Stand at least 15 feet apart from other people when stuck outside.

Lying on the ground can increase your chances of being affected by potentially deadly ground current.

---

**SHOCKING FACTS**

- An average of 33 deaths per year are caused by lightning in the U.S.
- Florida usually leads the nation in deaths and injuries caused by lightning — an average of 9 deaths and 39 injuries per year.
- According to Weather Service meteorologists, there are about 1.45 million lightning strikes and 25.3 strikes per square mile in Florida each year (25 million estimated strikes in the U.S. each year).
- The area between Orlando and Tampa (referred to as “Lightning Alley”) receives the most lightning in the U.S. More than 90% of the lightning in this area occurs between noon and midnight from May through October.
- Most lightning fatalities (64%) occur while people are involved in leisure activities. Sports and water activities are top contributors.

Sources: lightningsafety.noaa.gov, floridadisaster.com