

# Are you ReadyNC? ... for Severe Storms and Lightning

Any thunderstorm can produce strong winds, lightning or hail that can be deadly and damaging. Know what to do and where to go when severe storms threaten your area.

## Lightning

Lightning can strike as far as 10 miles away from the rain area in a thunderstorm. That's about the distance you can hear thunder. When a storm is 10 miles away, it may even be difficult to tell a storm is coming. If the sky looks threatening, take shelter before you hear thunder.



### 30/30 Rule

Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

## Be Safe! Follow These Tips

- Listen to a NOAA weather radio for weather updates.
- Delay outdoor activities if storms are predicted for your area.
- Get inside a building or hard top vehicle (not a convertible). You are much safer inside.
- Unplug any electronic equipment well before the storm arrives. Don't go near electrical equipment or cords.
- Stay away from the plumbing. Don't wash your hands, take a shower, wash dishes or do the laundry. Plumbing can conduct electricity.
- Stay away from windows and doors. Stay off porches and away from hilltops, open fields, the beach or a boat on the water.
- Avoid natural lightning rods such as a tall, isolated tree in an open area.
- Don't touch anything metal—tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.
- If driving during heavy rain, try to pull over safely and park. Stay in the vehicle and turn on the emergency flashers until the heavy rain ends. Try not to touch metal or other surfaces that conduct electricity in and outside the vehicle.

**Remember:**  
Rubber-soled shoes and rubber tires provide NO protection from lightning.



### Get ReadyNC!

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