



Cochise Health & Social Services

Mary Gomez, Director

"Building A Healthier Future"

*** MEDIA RELEASE ***

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FOR IMMEDIATE RELEASE: When Thunder Roars, Go Indoors!

Monsoon Storms Bring Lightning Strike Threat

Summer is the peak season for one of the nation's deadliest weather phenomena -- lightning. Even though lightning strikes peak in summer, people are struck year round. In the United States, an average of 53 people are killed each year by lightning, and hundreds more are severely injured.

The National Weather Service provides a wide range of information about lightning, including these facts and tips:

General Tips

- No outdoor area is safe when you hear thunder.
- Know the local weather patterns. In mountainous areas, thunderstorms typically develop in the early afternoon, so plan outdoor activities early in the day. Listen to the weather forecast -- if there is a high chance of thunderstorms, stay inside.
- If you hear thunder, find a safe indoor shelter (a substantial building or enclosed, metal-topped vehicle with the windows up).

Indoor Safety Tips

- Stay off corded phones, computers, and other electrical equipment.
- Avoid plumbing, including sinks, baths, and faucets.
- Stay away from porches, windows, and doors.
- Never lie on concrete floors or lean against concrete walls.

Outdoor Safety Tips

If you're caught outside during a storm with no safe shelter options, take these steps to reduce your risk of being struck by lightning:

- Come down from elevated areas.
- Immediately get out and away from pools, ponds, lakes, and other bodies of water.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Stay away from objects that conduct electricity, such as wire fences, power lines, and windmills.

More interesting facts about lightning can be found at <http://www.lightningsafety.noaa.gov/>.

About Cochise Health and Social Services

Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through education, service and leadership. For more information, please visit our website at <http://cochise.az.gov/health>.

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