

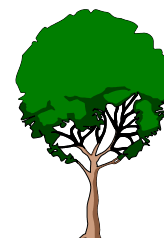
## Severe Weather Tips: *Thunderstorms & Tornadoes*



Severe weather can strike with very little warning. If you know how to react, you can help protect yourself, family members, and others.

### *Thunderstorm Tips:*

- ✦ Seek shelter inside a home, large building, or an all-metal (nonconvertible) vehicle.
- ✦ Avoid using the telephone except for emergencies.
- ✦ Do not stand underneath a natural lightning rod such as a tall, isolated tree in an open area.
- ✦ Avoid making yourself taller than your surrounding landscape. For example, do not stand on a hilltop, in an open field, on the beach, or in a small boat.
  - ✦ Get out of and away from open water.
  - ✦ Get away from tractors and other metal equipment.
  - ✦ Get off of and away from a motorcycle, scooter, golf cart, or bicycle.
  - ✦ Put down golf clubs.
  - ✦ Stay away from wire fences, clotheslines, metal pipes, rails, and other metallic paths that could carry lightning to you.
  - ✦ Avoid standing in small, isolated sheds or structures in open areas.
- ✦ In a forest, seek shelter in a low area under a thick growth of small trees.
- ✦ In an open area, go to a low place such as a ravine or valley.
- ✦ Be alert to flash flooding.
- ✦ If you are caught in an open area away from shelter and feel your hair stand on end, lightning may be about to strike you. Drop to your knees and bend forward, putting your hands on your knees. *Do not lie flat on the ground.*



### *Tornado Tips:*

- ✦ Avoid windows, doors, and outside walls.
- ✦ Always protect your head.
- ✦ In homes or small buildings, go to the basement or lowest level. Interior closets, bathrooms, and hallways are best. Get under something sturdy.
- ✦ In schools, nursing homes, hospitals, factories, and shopping centers, go to a designated severe weather shelter area. Interior hallways on the lowest floor are usually the safest.
- ✦ In high-rise buildings, go to a small interior room or hallway.
- ✦ Leave mobile homes or vehicles and seek substantial shelter.
- ✦ If you're in an area with no shelter, lie flat in a ditch, ravine, or culvert shielding your head with your hands. Be alert to rapidly rising water.



### References:

*Talking About Disaster: Guide for Standard Messages.* Produced by the National Disaster Education Coalition, Washington, D.C.  
*Thunderstorms...Tornadoes...Lightning: Nature's Most Violent Storms.* Produced by the National Weather Service, Washington, D.C.

Prepared by K. Thomas Priddy, M.S., Extension Meteorology Specialist, and Kimberly B. Henken, M.S., Extension Associate for Environmental Issues.

August 2004.

For more information, contact your county Extension office or visit the Kentucky Extension Disaster Education Network Web site, Kentucky Cooperative Extension Service, College of Agriculture, University of Kentucky, at [www.wagwx.ca.uky.edu/EDEN](http://www.wagwx.ca.uky.edu/EDEN).

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