Anyone outdoors is particularly vulnerable to lightning. Each person, group or school involved in outdoor activities should have a plan that can be activated quickly when lightning threatens. You should take shelter in a sturdy, enclosed building. Sheds, dugouts, tents and gazebos are not safe. Avoid open spaces, isolated objects, and high ground. Avoid metallic objects such as fences, pipes, power poles, and bikes. Take cover in a hard top automobile, keeping windows up and doors closed. Get out of boats and away from bodies of water.

Once indoors, stay away from windows, doors, and off porches. Avoid contact with any plumbing and electrical items, including TVs and computers. Do not use corded phones, except for emergencies. Do not lie on concrete floors or lean against concrete walls. Remember to bring pets indoors.

Remember, if you can hear thunder, you are close enough to a storm to be struck by lightning. For more information on lightning safety, visit www.lightningsafety.noaa.gov.