

# LOOK UP LOOK OUT 30-30 Rule

Take appropriate shelter when you count 30 seconds or fewer between lightning and thunder.

Then remain sheltered for 30 minutes after the last thunder.

**NEVER** shelter under a tree or group of trees or in an open field or in small open structures such as picnic shelters. People should stay away from metal poles, fences, clothes lines and should not use umbrellas or mobile telephones.

Preferably shelter in a large building. Once inside, stay away from corded telephones, electrical appliances, lighting fixtures, radios, microphones, electric sockets and plumbing. Do not watch lightning from open windows or doorways.

Remain sheltered for 30 minutes after the last thunder is heard.

