

STORMS

Danger from storms comes from very strong local winds, heavy local rainfalls, thunders and possible hail.

ACTION TO TAKE DURING THE STORM

- **If inside a building:**
 - Secure all objects that may be drifted by the wind or the heavy rain and cause damage or injuries.
 - Check all suspended boards.
 - Secure doors and windows.
 - Do not hold electric equipment or the telephone as thunder may pass through the wires. Electronic equipment (TV, stereo, etc) are extremely dangerous in these cases and should be unplugged.
 - Avoid water pipes (kitchen, bathroom) as metallic pipes are good conductors.
- **If outside:**
 - Try to find refuge in a building or in a car.
 - If this not possible, sit on the ground. If you are in the woods, protect yourself under the branches of low trees – never stand under a tall tree in an open space. If you are in low land, be careful as a flood may occur.
 - Avoid tall constructions, tall trees, fences, telephone cables and electric lines.
 - Avoid being close to metallic objects, such as cars, bicycles, camping equipment, etc.
 - Stay away from rivers, lakes or other water sources.
 - If you are in the sea, get out quickly.
 - If you are isolated on a plane area and feel your hair turned up (a fact that may indicate a possible thunder), assume duck position, burry face between legs (to minimize the surface of your body and therefore the contact with ground) and drop away any metallic object.
 - Do not lie down on the ground.
- **In a vehicle:**
 - Stop the car by the roadside away from trees that may fall on the car.
 - Stay in the car and turn on the emergency lights until the storm stops.
 - Close the windows and do not touch metallic objects in the car.
 - Avoid flooded roads.

Evaluation of the distance that separates you from the storm

- Calculate the time between the lightning and the thunder in seconds.
- Divide the time calculated by 3 in order to calculate the distance of the storm in kilometers.
- Take all necessary measures, before the storm reaches you. This distance is indicative as the storm may appear very quickly above the area where you are.

ACTION TO TAKE DURING HAIL

- Protect yourself immediately! Do not leave the safe place unless you are certain that the storm has stopped.