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YOUTH HEALTH BULLETIN

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SUMMER STORMS HOW TO BE PREPARED FOR THUNDERSTORMS

Wally Cat loves being outdoors, especially during the summer. He even enjoys watching a thunderstorm from inside his home. When the sky starts to turn dark and he hears a rumble of thunder in the distance, he knows exactly what to do. Do you? Sometimes in the summer it can be bright and sunny and in just a few minutes turn dark and grey. Thunderstorms can be scary – lightning flashes, a loud bang of thunder and sometimes even the lights may flicker. Most of us are afraid of some thunderstorms. Here are a few things you can do to help get through storms.

The three things that you can do to feel better during a thunderstorm:

- Know what is happening during a storm
- Know that you are safe during a storm
- Find a way stay calm

Know what is happening during a storm

Thunderstorms can be very loud and flashy — but they are not magic! There is a reason for the lightning and thunder. Basically, it is

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just science. Lightning is made when there is water and electricity passing through the clouds. When there is lightning, the electricity heats up the sky and creates the noise we call thunder. If you want to know more about the science of a storm, ask mom or dad your questions, or ask to go to the library and find books about thunderstorms and weather.

Know that you are safe during a storm

Even if you are an expert on thunderstorms and not afraid at all, you should be inside during a storm. Have you ever noticed that animals also look for a safe spot during storms? Thunderstorms can be dangerous. Lightning strikes do not happen very often, but it is important to be safe. Here are some tips to follow to stay safe when a thunderstorm is coming:

- If you are in water, you should get out quickly. This includes any pool, lake, ocean, creek or other body of water. Electricity in the lightning can move through water. You want to be clear of it during a storm.
- If you are outside, you should try to get into a building or house. If you are somewhere with your parents or another adult and there is no building or house, you can wait for the storm to pass in the car.
- Talk with your parents about what to do if you are caught in a thunderstorm. Sit down with them and make a plan.
- If you are going on a camping trip or other outdoor trip, you may want to look at the weather forecast to see if there is a chance of storms. You will have a plan in place if a storm should pop up.



REFERENCES:

- Nemours KidsHealth.org Thunderstorms Reviewed September 2011. <http://kidshealth.org/kid/watch/out/thunderstorms.html>

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