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- proportions, go to your shelter spot. Take your emergency kit with you.
 - If a storm catches you outdoors, take shelter immediately. As a last resort, lie flat in a ditch, excavation or culvert.
 - Keep calm. You'll be more able to cope with emergencies.

After the storm

- Listen to your radio for information and instructions. Follow them.
- Give first aid to injured and trapped persons; get help if necessary.
- Unless you are requested or qualified to give help, stay away from damaged areas.
- Stay away from loose or dangling electrical wires. Report them to authorities. Also report broken sewer and water mains. Lightning and downed power lines can cause fires. Know how to fight small fires and contact the fire department. Be alert to prevent fires; broken mains can cause lowered water pressure.
- Drive your car cautiously and only if necessary. Debris, washed-out or icy roads,

weakened bridges and dangling hydro wires will make driving dangerous. Make way for emergency and rescue vehicles.

- Don't use the telephone except in real emergency. Leave lines open for official use.
- If power has been off for several hours, check freezers and refrigerators for spoiled food.
- After a severe storm, water supplies may be contaminated. Purify water by boiling, adding purification tablets or chlorinating.

Special considerations

Lightning

Lightning is an electrical discharge resulting from the build-up of static electricity between clouds and ground. It is present in all thunderstorms and even more frequently in severe ones. More people are killed by lightning throughout the year than by the other effects of violent storms.

- You can estimate the distance of a lightning stroke by counting the seconds between the flash and thunderclap. Each second indicates about 300 metres. If you count fewer than five seconds, take shelter. Lightning is near.