**FOR IMMEDIATE RELEASE**

Friday, July 10, 2020

Name, Title

(603) ###-####

**PRESS RELEASE**

**USE CAUTION DURING THUNDERSTORMS**

CITY/TOWN, N.H. – Residents and visitors are reminded to use caution with anticipated thunderstorms

[Describe if any advisories, watches or warnings have been issued by the National Weather Service.]

[Describe thunderstorm weather event in detail, including timeframe and areas that will be impacted.]

**LOCAL PUBLIC SHELTER INFORMATION**: location(s), times of operation, contact information, policy on bringing pets, transportation, etc.

Thunderstorms can be destructive and extremely dangerous weather emergencies. Thunderstorms bring high winds, heavy rains and dangerous lightning, one of the leading causes of weather-related deaths in the United States each year. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can include powerful winds over 50 MPH, create hail and cause flash flooding and tornadoes.

You can find detailed information on your local TV and radio stations, as well as on websites and social media sites from the National Weather Services, the National Oceanic and Atmospheric Administration, and New Hampshire Homeland Security and Emergency Management.

Pay attention to weather reports and warnings of thunderstorms.

Take Action at Home

* Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
* Secure outdoor objects that could blow away or cause damage.
* Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
* If a thunderstorm is likely in your area, postpone outdoor activities.
* Identify nearby, sturdy buildings close to where you live, work, study, and play.
* Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

Follow NHHSEM on Twitter, Facebook, or Instagram for the latest storm updates and recommendations.

Learn more about Family Emergency Plans, Emergency Contact Cards, and Emergency Kits at ReadyNH.gov.

Learn more about thunderstorm, flooding, and power outage preparedness at ReadyNH.gov.

**Be Safe During a Thunderstorm Indoors**

* Get inside a home, building, or hard top automobile (not a convertible). Do not touch anything metal.
	+ The steel frame of a hard-topped vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
* Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
* Report fallen trees, flooded streets, or damaged public utilities to the proper department and stay tuned to local weather stations for updated information.
* Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
* Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.

**Be Safe During a Thunderstorm Outdoors**

* If you are outside during a thunderstorm, avoid:
	+ Natural lightning rods such as a tall, isolated tree in an open area.
	+ Hilltops, open fields, the beach or a boat on the water.
	+ Isolated sheds or other small structures in open areas.
	+ Anything metal, such as tractors, farm equipment, motorcycles, golf carts, golf clubs and bicycles.
* In a forest, seek shelter in a low area under a thick growth of small trees. Avoid the tallest trees.
* In an open area, go to a low place like a ravine or valley, but watch for flooding.
* On open water, get to land and find a sturdy, grounded shelter or vehicle immediately.
* If you feel your hair stand on end, a lightning strike is about to happen:
	+ Squat low but do not lie down.
	+ Place your hands over your ears and head between your knees.
	+ Make yourself the smallest possible target.

*\*Important Language to Know\**

* Thunderstorm Watch: there is a possibility of a thunderstorm in your area.
* Thunderstorm Warning: a thunderstorm is occurring or will likely occur soon. If you are advised to take shelter, do so immediately.

*\*Contact Information to Include:\**

* Call 9-1-1 to report emergencies.
* Residents can call 2-1-1 for public shelter locations and information.
* Public Shelter Contact Information.
* Learn more about thunderstorm, flooding, and power outage preparedness at ReadyNH.gov.

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