

What will you do when Lightning Strikes?

When You are Indoors

Avoid Contact With electrical equipment and Telephone Unplug any electronic equipment before the storm arrives

Stay away from window and doors, and stay off verandas

Avoid contact with plumbing and metal pipes. Do not wash your hand, do not take a shower, do not wash dishes and do not wash clothes

When you are outdoors

Tall tree attracting lightning. Never used tree as shelter. Avoid the tallest object in the area. Spread out- don't stand in a crowd of people.

Get inside a home, building, or hard top automobile. Although lightning might strike your car, you are much safer inside a vehicle than outside.

Don't used metal object including bikes, electric or telephone poles, fencing, machinery etc.

Get out of the water. This including getting off small boats on the water, immediately get out any away from pools. Lakes, and other bodies of water.

If your hair stand on end or your skin tingles, lightning may be about to strike near you immediately crouch down and cover your ears. Do not lie down or place your hands on the ground.

What to do after a lightning strikes

Victims of lightning shock should be administered CPR (cardio pulmonary resuscitation) i.e. artificial respiration, if necessary. Seek medical attention immediately.

Phin leh kumno haba shah pom ha ka leilieh/pyrthat?

Haba phi don hapoh iing

Wat ktah ia ki tiar elektrik bad telephone. Weng noh ia ki tiar eletrik shwa ban wan ka eriong bad u slap.

Kiar na kaba ieng hajan ki jingkhangiit bat ki jingkhang bat wat ieng ha ki baranda.

Wat ktah ia ki tiar um ne papi nar. Phim dei ban sait kti, ban sum, ban khlieng tiar lane saitjaim.

Haba phi don shabar

Ki dieng kiba heh bad jrong ki khring bha ia ka leilieh/pyrthat. Wat ju pyndonkam ia u dieng kum ka jaka rieh. Kiar na ki tiar ne jingtei kiba jrong. Phet shaba marwei, wat ieng ha ki jaka ba bun mriew.

Rung sha ki iing, ki jingtei lane ki kali kiba don ia li jingtap kiba khlain. Wat la ka leilieh/pyrthat ka pom ia ka kali jong phi, phi shngain hapoh kali bania kaba phi don shabar.

Wat ju pyndonkam ia ki kynja nar shabar. Kiar na ki tiar ba shna da ka nar kynthup ia ki thuk thuk, ki nar elektrik lane telephone, ki khyrdop, ki mashin bad kiwei

Phet jngai na um. Hiar na ki lien grit haba phi don ha um. Mar mar kiew na ki pung sum, kin an, ki wah bad kiwei.

Lada u shniuh l ieng lane ka sniehdoh ka ring tyrsain, ka leilieh/pyrthat ka lah ban pom hajan jong phi. Mar mar phi dei ban shong kynrong bad tap ia la ki shkor. Wat thiah pyllup lane buh ia ki kti ha madan.

Kaei kaba phin leh hadien ba pom ka leilieh/pyrthat

Ki lanot na ka jingshah pom ha ka leilieh/pyrthat ki dei ban ioh mar mar ia ka CPR (cardio pulmonary resuscitation) kata, ka jingiarap ban pynring mynsiem biang, lada donkam. Kloil phi dei ban wad ki lad jingsumar.

