

subsidied before bathing or washing dishes (or anything else involving water.)

- Do not go back outside too soon. A good rule of thumb is to wait 30 minutes after the last flash, or rumble of thunder, before venturing back outside.

HELPING LIGHTNING VICTIMS

There is a myth that you should not touch an electrocution victim because you may be electrocuted too. THIS IS FALSE. When someone is struck by lightning, the electricity travels through them into the ground, it does not linger in the body.

If someone is struck by lightning, call **9-1-1** immediately and begin first aid. If possible, move the victim to a safer location. Lightning most often causes cardiac arrest so check to see if the victim is breathing and has a heartbeat. If necessary, start CPR and continue until help arrives.

For more information, visit the National Weather Service at <https://www.weather.gov/safety/lightning> or the Centers for Disease Control (CDC) at <https://www.cdc.gov/disasters/lightning/safetytips.html>.



HANDS-ONLY CPR

CPR can double or even triple a person's chance of survival.



3. Continue CPR until professional help arrives

4. ...or until an AED is available to use

© Copyright 2020 American Heart Association, Inc. All rights reserved. Be the Beat is a registered trademark. Unauthorised use prohibited. 03/19/20 1020

CONTACT US:

9-1-1 FOR EMERGENCIES

352-955-1818 FOR NON-EMERGENCIES

ACSO Important Phone Numbers

ACSO Main Administration	352.367.4000
Crime Prevention Unit	352.374.1800
Crime Stoppers & Gun Bounty	352.372.7867
Dept. of the Jail	352.491.4444
Evidence Section	352.367-4076
Human Resources	352.367.4040
Narcotics Tip Line	352.374.1849
Patrol	352.367.4101
Public Information Office	352.367.4050
Property Unit	352.367.4078
Records Bureau	352.367.4006
Victim Advocate Unit	352.367.4199



BROUGHT TO YOU BY:

Sheriff Emery A. Gainey

P.O. Box 5489, Gainesville, FL 32627
2621 SE Hawthorne Road, Gainesville, FL 32641
<https://www.acso.us>



FOLLOW US ON
SOCIAL MEDIA
@AlachuaSheriff



ACSO 2023

ALACHUA COUNTY SHERIFF'S OFFICE



LIGHTNING SAFETY



THUNDER AND LIGHTNING

Florida is the number one state in the nation for thunderstorms. In fact, some areas of Central Florida may see up to 100 thunderstorm days per year. Other areas of Florida can average 70-90 thunderstorm days per year.

Thunderstorms harbor one of nature's most volatile and destructive forces - lightning. Lightning strikes somewhere in the United States approximately 25 million times per year. Florida alone accounts for 1.4 million of those strikes per year.

Lightning is a naturally occurring electrostatic discharge between a cloud and the ground, or within clouds.

Thunder is the sound lightning makes. It can be heard up to 12 miles away from a lightning strike.

One myth about lightning strikes is that if you cannot hear thunder and/or there are no clouds in the sky, you cannot be struck by lightning. This is FALSE. **Lightning can strike 10-12 miles away from the center of a storm. If you can hear thunder, you are in danger of being struck. Period.**

LIGHTNING FACTS

- A single bolt of lightning contains about a billion volts of electricity. If it could be harnessed, a single bolt of lightning could power a 100-watt light bulb for more than three months.
- Lightning flashes are approximately 54,000 degrees Fahrenheit. That is more than five times the temperature of the surface of the sun! Lightning is so hot that if it strikes a tree, it can instantly vaporize all of the

moisture in the tree, causing it to explode. This is bad news for anyone who seeks shelter under a tree during a storm.

- Lightning can, and does, strike the same place twice. The Empire State Building is struck 20-25 times per year.
- Lightning kills an average of 7 to 10 people per year and leaves hundreds more with life-altering injuries, such as memory loss, dizziness, weakness, and numbness.
- Florida leads the nation in lightning fatalities. From 2006 through 2022, a total of 84 people were killed by lightning in the state of Florida alone.
- Lightning is attracted to tall pointy objects, like trees, skyscrapers, and cell phone towers.
- Remember that lightning is basically electricity. If something is conductive for electricity (water, metal) then it is conductive to lightning. For example, if you are fishing in a metal boat on a body of water, then you need to be aware of the danger lightning poses.

LIGHTNING SAFETY

- When planning outdoor activities, always check the weather report. If thunderstorms are expected in the area you will be in, reschedule.
- "*When Thunder Roars, Go Indoors*" is NOAA's traditional motto. A campaign geared towards hearing-impaired citizens is called "*See a Flash, Dash Inside!*" Both slogans were created to protect people from lightning strikes by educating them about the danger of waiting too long to seek shelter in a storm.
- If you see lightning, or hear thunder, you are at risk of being struck by lightning. **If you are outside when you see lightning or hear thunder, take shelter immediately.** Do not wait until you have finished your activity.



Infographics by National Weather Service

- If you are caught outside during a storm, head to shelter. If you cannot reach shelter, crouch low with as little of your body touching the ground as possible. Continue towards shelter. Do not lay flat on the ground as lightning generates currents that travel along the ground.
- Do not shelter under or near trees, cliffs, rocky overhangs, power lines, metal fences, or any body of water.
- If you are with a group, spread out to increase your chances of survival.
- If you cannot get to a building, you can shelter in a hard-topped (not a convertible) vehicle with the windows rolled up. The lightning will travel through the vehicle's metal body and channel into the ground. A vehicle's tires have nothing to do with it.
- It is still possible to be struck by lightning, or electrocuted while inside a house. If you are sheltering indoors, avoid electricity conductors like wires, plumbing, appliances, televisions, gaming consoles, computers, and water.
- Make sure windows are shut and that you are not standing in front of them.
- Do NOT lie or lean on concrete walls or floors because the wires within them can conduct lightning.
- Do NOT use a corded phone during a storm. Lightning can travel along the wires and electrocute you. Cordless and cellular phones are safe to use in a storm.
- Avoid water. Wait until the storm has