

# Lightning

Lightning can arrive before, during, and after a storm. Lightning is often accompanied by strong winds and rain, although not exclusively. Yes, lightning can strike miles away from a storm and anything outside can be struck by lightning. Many athletic events must now monitor lightning and suspend outdoor and some indoor events when lightning is as close as 8 miles. Lightning causes thunder and sometimes you may hear thunder without seeing lightning. Thunder follows lightning, but if you hear thunder, know lightning is not far away and take action to protect yourself. The National Weather Service has a lightning safety slogan, "when thunder roars, go indoors!" Learn more about staying safe when lightning occurs