**What to know about staying safe from lightning strikes- Uganda**  
  
<https://www.matookerepublic.com/20241105/what-to-know-about-staying-safe-from-lightning-strikes/>  
[November 5, 2024](https://www.matookerepublic.com/20241105/what-to-know-about-staying-safe-from-lightning-strikes/)

By Matooke Republic

The recent heavy rains have led to widespread flooding and an increased risk of deadly lightning strikes in various regions.

Over the weekend, 14 people tragically lost their lives after being struck by lightning during a church service in Lamwo District.

To help you stay safe during storms, here are some important lightning safety tips:

Seek Shelter Immediately: As soon as you hear thunder or see lightning, move to a fully enclosed building. Avoid partially covered structures like pavilions or tents, as they won’t protect you from lightning.

Stay Indoors: Once inside, remain there until the rain has stopped.

Avoid Open Areas and Tall Objects: If you’re outside without shelter, avoid open spaces and stay clear of tall objects like trees, poles, and fences, as lightning tends to strike the tallest points.

Return to Shore if on Water: If you’re on a boat or near water and a storm approaches, get to shore immediately. Avoid activities in or near water, like swimming, as water is a strong conductor of electricity.

Stay Away from Metal Objects: Avoid holding or carrying metal items, which can attract lightning and increase your risk of being struck.

Don’t charge devices. You must avoid working on electronic devices such as mobile phones, tablets, and laptops when they are plugged in during a lightning storm. It’s also best to avoid charging these devices during such times, as a lightning discharge near your house could hit these gadgets through the wires.

Stay away from windows. When you’re indoors, put as many walls as you can between yourself and the outside. It is best to avoid windows, as any nearby lightning strikes could shatter the window and scatter shards of glass.

Avoid direct contact with concrete. Stay away from concrete floors and walls and, at all costs, avoid sleeping on concrete floors. Concrete walls and floors have metal bars inside them that could conduct electricity, which would then strike anyone in contact with those surfaces.

These safety measures can help protect you and your loved ones during thunderstorms.