

# Department-of Disease Control

## Weekly Disease Forecast No.157\_Lightning Strike Injuries (23 – 29 April 2018)

From the national disease surveillance system, the Department of Disease Control revealed 4 deaths from lightning strike injuries in April 2018. The surveillance also showed that lightning strike injuries occurred mostly when those victims were under tall trees, in open shelters such as rice field bamboo huts and in open spaces. Most of the incidents occurred in the Northeastern region of the country.



This week disease forecast reveals a continue trend of lightning strike injuries as summer thunderstorms often occur during March to May and usually cause thundery rains, strong winds and lightning strikes. The Meteorological Department has warned that summer thunderstorms will be occurring in some areas during 24 to 27 April, 2018.

The Department of Disease Control therefore advises people to follow the 30-30 lightning strike self-protection rule as follows, i.e. if being in open spaces, near tall structures or equipment that conduct electricity when lightning occurs followed by thunder within 30 seconds, immediately find safe enclosed shelters such as homes, offices, shopping centers, and hard-top vehicles with the windows rolled up. Remain in shelters for 30 minutes after the last thunder.

If being caught in open spaces such as rice fields, parks, playgrounds, golf courses, golf carts, motorcycles, ponds, lakes, swimming pools, and beaches, crouch down in a ball-like position (feet and knees together) with head tucked and hands over ears so that to be down low with minimal contact with the ground. **Do NOT lie down.** Lightning causes electric currents along the top of the ground that can be deadly over 100 feet away. Crouching down is the best combination of being low and touching the ground as little as possible.

Staying in a car with all the doors and windows rolled up without touching any metal surfaces that conduct electricity is safe. All mobile phones and electronic devices must be turned off during thunderstorms.

If a lightning strike victim is found, immediately call Emergency Medical Service (EMS) 1669 for help. First aid given, including resuscitation and CPR, while waiting professional medical attention can save lives.

For queries or additional information, please call DDC hotline 1422.



กรมควบคุมโรค  
Office design co.,ltd.  
★★★★★

FREE