
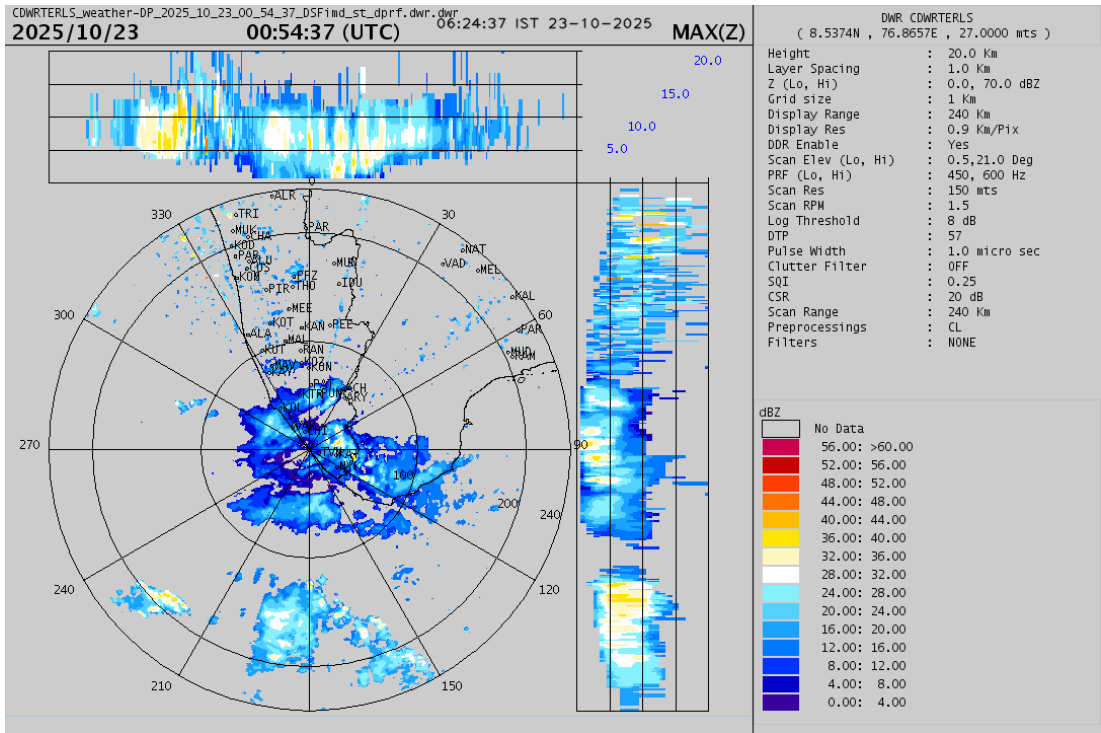
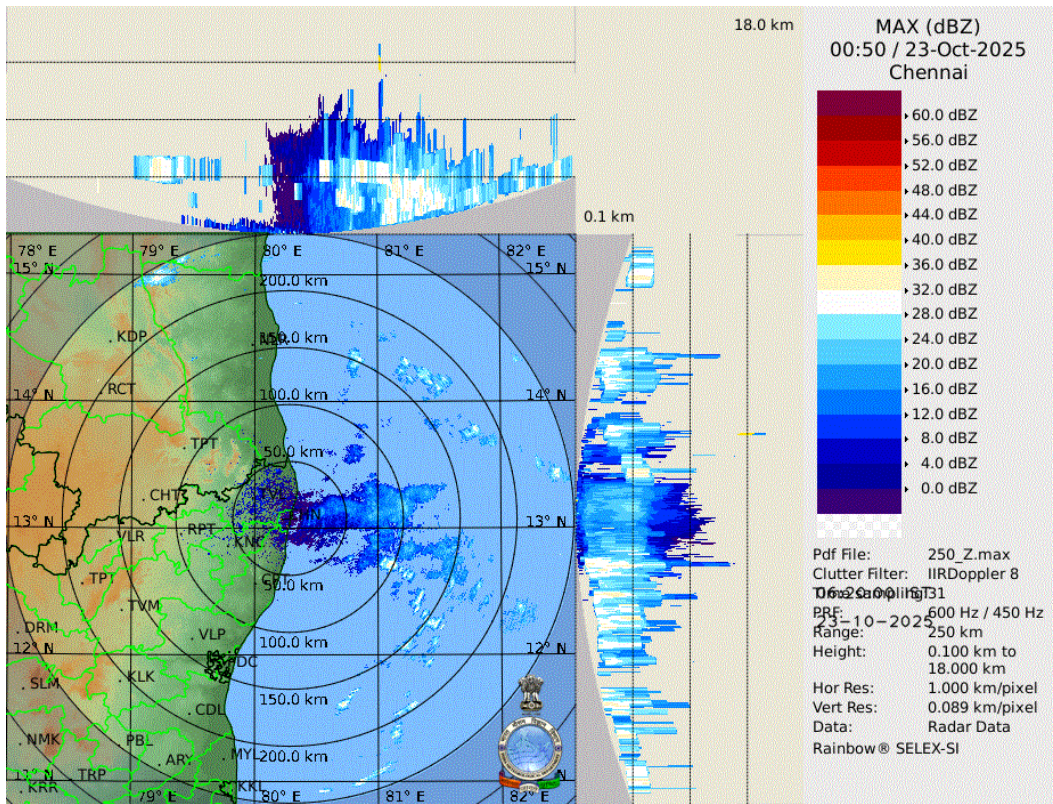
	<p><b>இந்திய அரசு</b>  <b>இந்தியவானிலை ஆய்வுத் துறை</b>  <b>மண்டலவானிலை ஆய்வுமையம்</b>  <b>6, கல்லூரிசாலை,</b>  <b>சென்னை 600006</b>  <b>தொலைபேசி: 044- 28271951</b></p>		<p><b>GOVERNMENT OF INDIA</b>  <b>INDIA METEOROLOGICAL DEPARTMENT</b>  <b>Regional Meteorological Centre</b>  <b>No. 6, College Road,</b>  <b>Chennai-600006</b>  <b>Phone: 044- 28271951</b></p>
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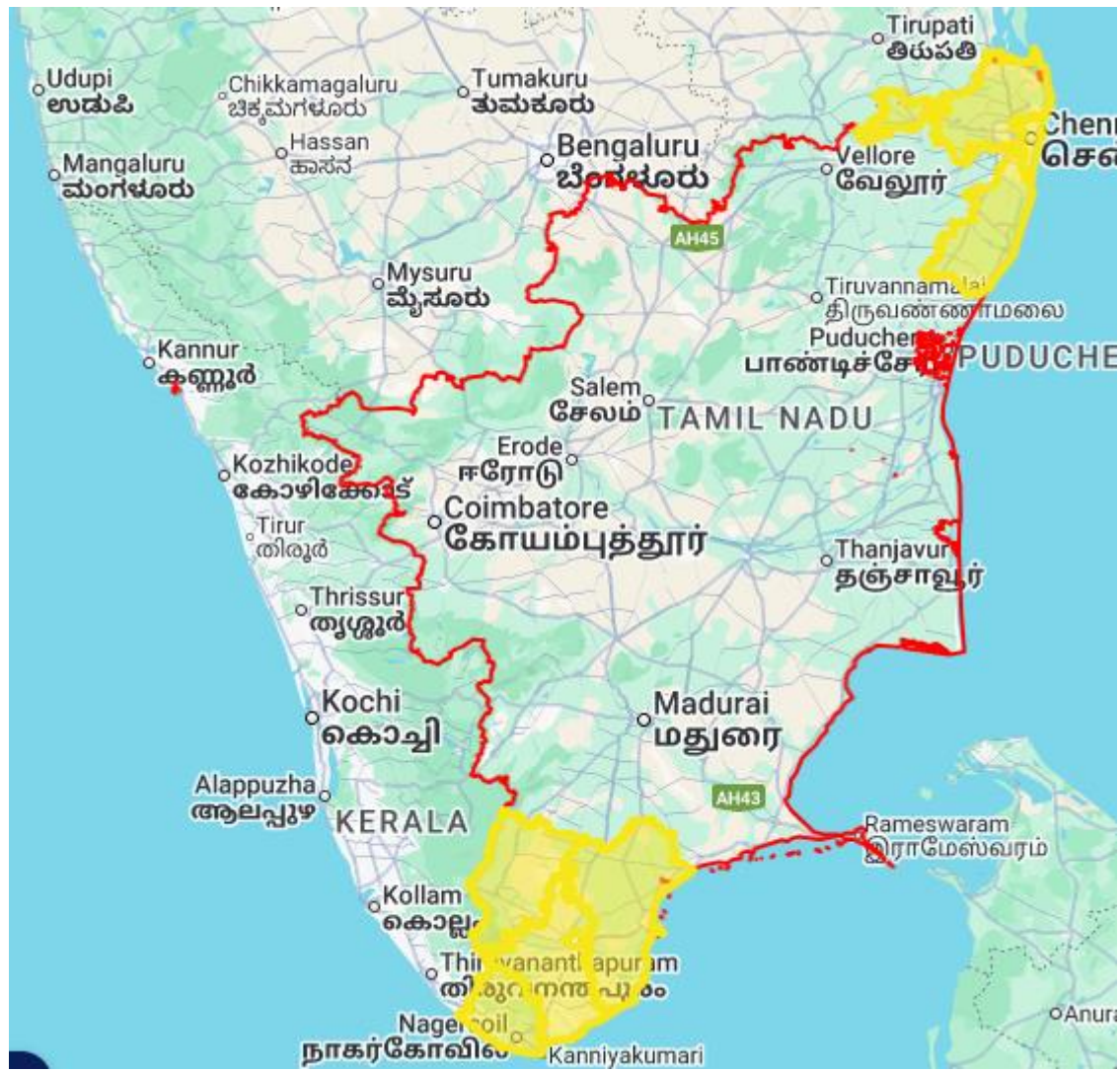
<b>DATE: 23-10-2025</b>	<b>Time of Issue: 07:00 Hrs. IST</b>
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**Sub: Rain/Thunderstorm warning/Lightning warning**

VALIDITY	WEATHER PHENOMENA (LIKELY/VERY LIKELY/MOST LIKELY)	DISTRICT AFFECTED (ONE OR TWO/A FEW/MANY/MOST PLACES)	IMPACT
Upto 10:00 hrs IST of 23-10-2025	Light to Moderate Rain with Thunderstorm and Lightning is likely	At isolated places over <b>Kanyakumari, Thoothukkudi, Tenkasi and Tirunelveli</b> districts of Tamil Nadu.	Water logging in some areas.  Slippery roads in some areas.  Traffic may be affected in some areas.
	Light Rain is likely	At isolated places over <b>Chengalpattu, Chennai and Thiruvallur</b> districts of Tamil Nadu.	

Duty Officer  
For Director In-Charge  
Regional Weather Forecasting Centre  
Regional Meteorological Centre, Chennai







## Thunderstorm & Lightning: Do's and Don'ts

### (i) If at home or work -

#### Preparation:

- ✓ Look for darkening skies and increased wind.
- ✓ If you hear thunder, you are close enough to be struck by lightning.
- ✓ Keep monitoring local media for updates and warning instructions.
- ✓ Stay indoors and avoid travel if possible.
- ✓ Close windows and doors, and secure objects outside your home (e.g. furniture, bins, etc.).
- ✓ Ensure that children and animals are inside.
- ✓ Unplug unnecessary electrical appliances (to isolate them from the main power supply which may conduct a power surge during a lightning storm).
- ✓ Remove tree timber or any other debris that may cause a flying accident.

#### Response:

- ✓ Avoid taking a bath or a shower, and stay away from running water. This is because lightning can travel along metal pipes. Keep away from doors, windows, fireplaces, stoves, bathtubs, or any other electrical conductors.
- ✓ Avoid using corded phones and other electrical equipment that can conduct lightning.

### (ii) If Outdoor -

#### Response:

- ✓ Go to safe shelter immediately – avoid metal structures and constructions with metal sheeting.
- ✓ Ideally, find shelter in a low-lying area and make sure that the spot chosen is not likely to flood.
- ✓ Crouch down with feet together and head down to make yourself a smaller target.
- ✓ Hair standing up on the back of your neck could indicate that lightning is imminent.
- ✓ Do not lie flat on the ground; this will make a bigger target.
- ✓ Keep away from all utility lines (phone, power, etc.), metal fences, trees, and hilltops.
- ✓ Do not take shelter under trees as these conduct electricity.
- ✓ Rubber-soled shoes and car tires do not offer protection from lightning.

### (iii) If travelling -

#### Response:

- ✓ Get off bicycles, motorcycles or farm vehicles that may attract lightning.
- ✓ Get to a safe shelter.
- ✓ If boating or swimming, get to land as quickly as possible and take shelter.
- ✓ During a storm, remain in your vehicle until help arrives or the storm has passed (the metal roof will provide protection if you are not touching metal inside); windows should be up; park away from trees and power lines.
- ✓

### (iv) If struck by lightning –

#### Treatment:

- ✓ Take the person who is struck by lightning to a hospital.
- ✓ If possible, give basic First Aid.
- ✓ People struck by lightning carry no electrical charge and can be handled safely.
- ✓ Check for broken bones, loss of hearing and eyesight.
- ✓ A victim of a lightning strike can suffer varying degrees of burn. Check the impact point and where the electricity left the body for injury marks.

(pl visit <https://ndma.gov.in/Resources/awareness/lightning/visuals>)