
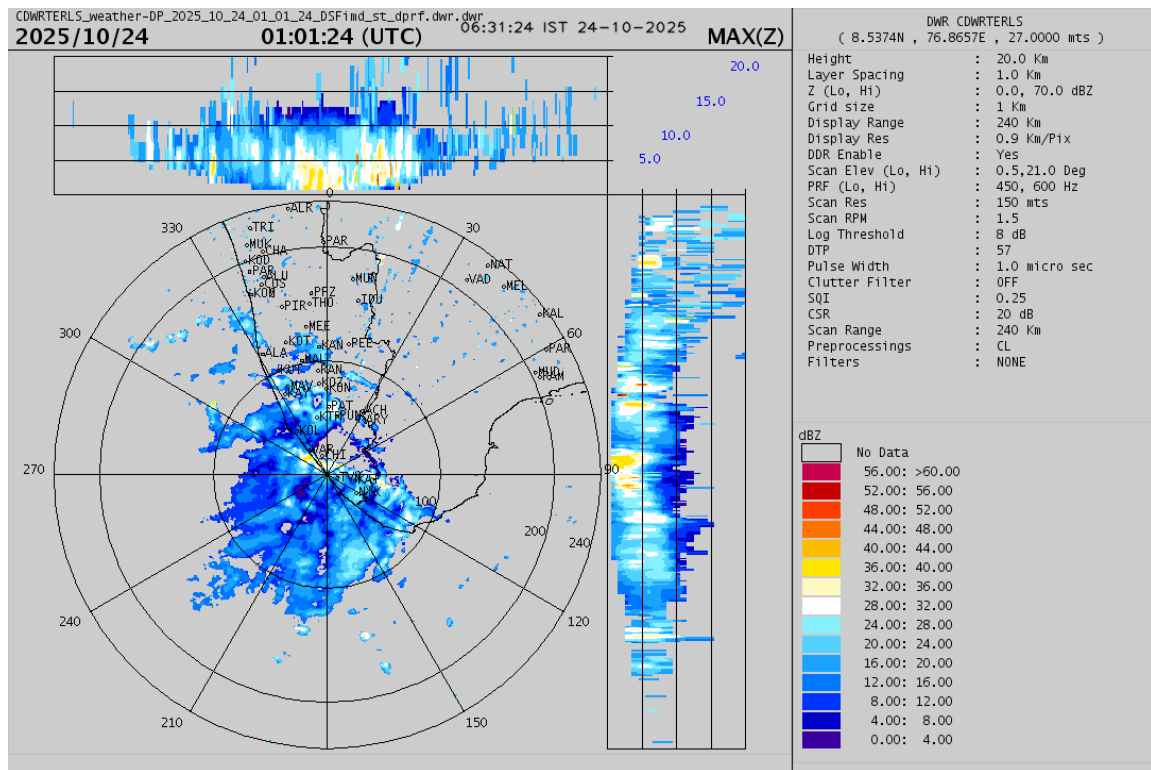
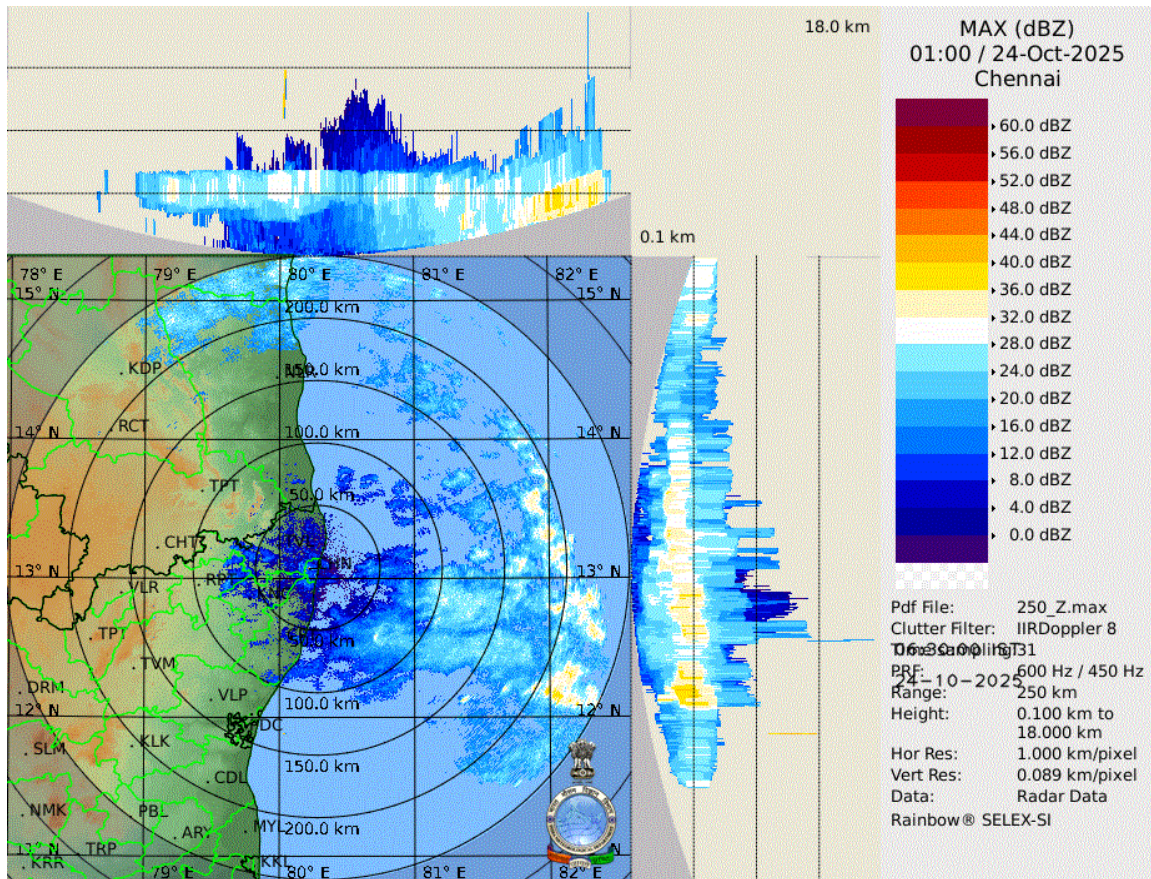
	<p style="text-align: center;"><b>இந்திய அரசு</b>  <b>இந்தியவானிலை ஆய்வுத் துறை</b>  <b>மண்டலவானிலை ஆய்வுமையம்</b>  <b>6, கல்லூரிசாலை,</b>  <b>சென்னை 600006</b>  <b>தொலைபேசி: 044- 28271951</b></p>		<p style="text-align: center;"><b>GOVERNMENT OF INDIA</b>  <b>INDIA METEOROLOGICAL DEPARTMENT</b>  <b>Regional 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: 24-10-2025</b>	<b>Time of Issue: 07:00 Hrs. IST</b>
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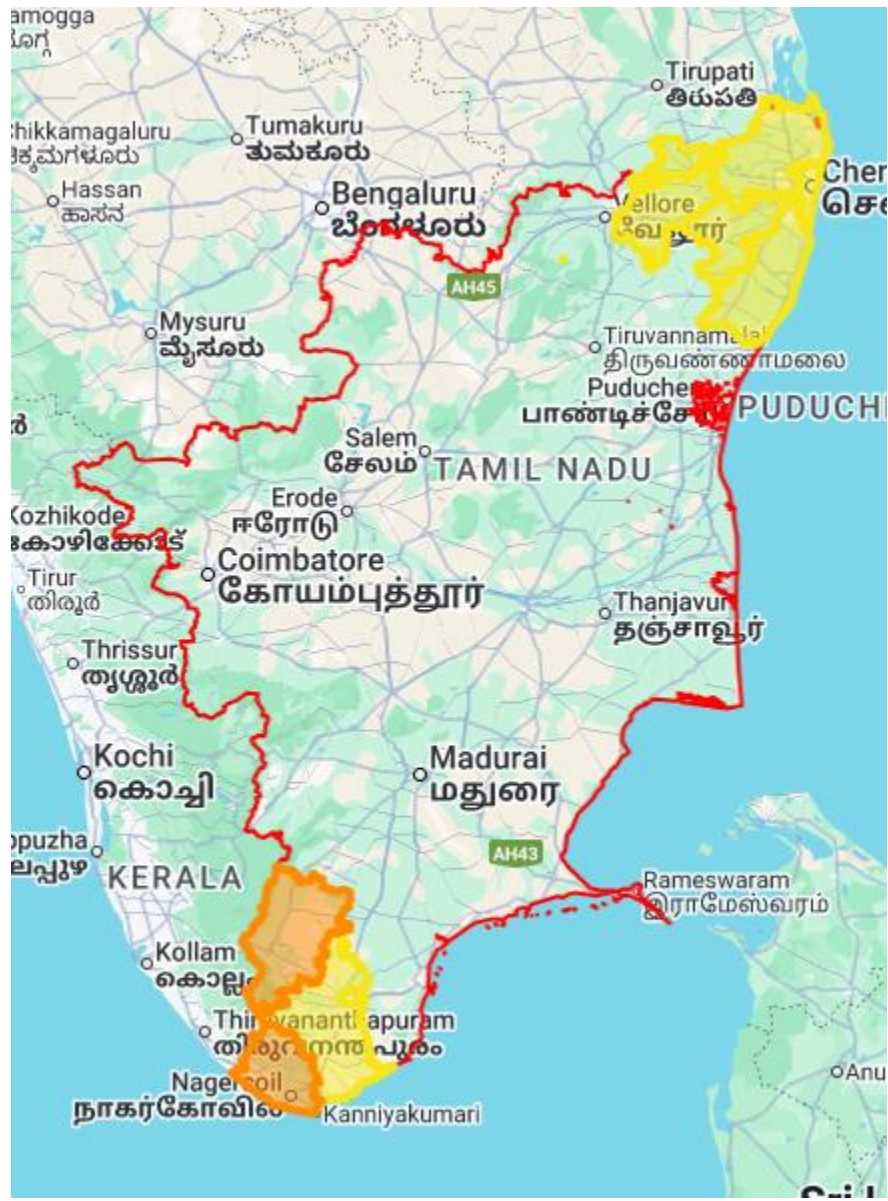
**Sub: Rain/Thunderstorm warning/Lightning warning**

VALIDITY	WEATHER PHENOMENA (LIKELY/VERY LIKELY/MOST LIKELY)	DISTRICT AFFECTED (ONE OR TWO/A FEW/MANY/MOST PLACES)	IMPACT
<b>Upto 10:00 hrs IST of 24-10-2025</b>	Moderate rain with Thunderstorm and Lightning is very likely.	At a few places over <b>Tenkasi and Kanyakumari</b> districts of Tamil Nadu.	Water logging in some areas.  Slippery roads in some areas.  Traffic may be affected in some areas.
	Light to Moderate Rain is likely	At isolated places over <b>Chennai, Thiruvallur, Chengalpattu, Kanchipuram, Ranipet and Tirunelveli</b> districts of Tamil Nadu.	be updated

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>)