

How to be Prepared for a Power Outage



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A power outage occurs when the electrical power goes out. Planned or unexpected, it can last for days or longer. Power outages can disrupt communications, water, transportation, stores, and other services. Needs such as lighting, heating, cooling, communication, food, and cooking may be impacted. Plan now to be prepared.

Quick tips

- Keep freezers and refrigerators closed.
 - A refrigerator will keep cold for about 4 hours
 - A full freezer will keep cold for 48 hours
 - Monitor temperatures with a thermometer
- Use a generator, but **ONLY** outdoors and away from windows.
- Do not use a gas stove to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Have alternative plans for refrigerating medicines or using power-dependent medical devices.
- Check with local officials about heating and cooling locations open near you.

Tip 1

How to prepare for a power outage

- Take an inventory of the items you need that rely on electricity. Plan for batteries and other alternative power sources to meet your needs when the power goes out, such as a portable charger or power bank.
- Have flashlights for every household member.
- Determine if your home phone will work in a power outage and how long the backup battery will last.
- Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines.
- Have enough non-perishable food and water.
 - Store non-perishable food and water supplies for at least two weeks. Plan to use coolers and ice to extend food refrigeration.
- Install carbon monoxide detectors with battery backup in central locations on every level of your home.

Tip 2

Support Network

- Identify people who can help you stay at home or evacuate during an extended power outage. Keep a paper copy of your contact list.
- Let people in your network know that you are okay, check to see if they are okay, and tell each other if you need help.
 - Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures. Ensure that your neighbors are okay and ask if they need help.

Evacuation

Decide if you need to stay or go.

- Evacuate if your home is too hot or too cold, or if you have medical devices that need power.
- Communities often provide warming or cooling centers and power charging stations.

Caution: Carbon Monoxide

Never use a generator, grill, or other gasoline, propane, natural gas, or charcoal-burning devices inside a home, garage, basement, crawlspace, or any partially enclosed area. The primary hazards to avoid when using alternate sources for electricity, heating, or cooking are carbon monoxide poisoning, electric shock, and fire.



Loup Basin
PUBLIC HEALTH DEPARTMENT