

How to Prepare for a Power Outage

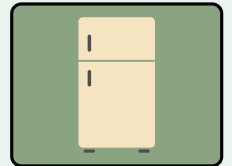
Power outages can happen during winter storms, floods, windstorms and wildfires, or if there's an issue with the power equipment.

Ways to prepare ahead of time:



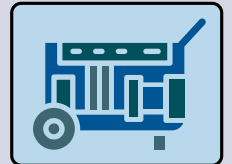
- If you use any medical devices that need power, talk to your medical device provider about backup power sources in case of an outage.
- Talk to your pharmacist about what to do with refrigerated medications.
- Keep extra batteries or external chargers for mobile devices.
- Keep a flashlight for each person living in the home.
- Stock up on bottled water and nonperishable food like canned foods, crackers, dried fruit or granola bars.
- Install a carbon monoxide detector on every floor of your home and keep extra batteries on hand. Test detectors regularly.
- Have a cooler and ice packs ready in case of a power outage.

During the power outage:



- Keep meat, poultry, fish and eggs at or below 40°F and frozen food at or below 0°F. Keep refrigerator and freezer doors closed as much as possible. Unopened, a refrigerator will keep food cold for four hours, and a freezer for 48 hours. Use a food thermometer to check food before cooking. Throw away any food that has a temperature of more than 40 degrees Fahrenheit (40°F).
- Do NOT use a gas stove or oven to heat your home. This can cause a buildup of carbon monoxide, which can be fatal.
- If you use a generator, camp stove or charcoal grill to stay warm, do so outdoors at least 25 feet away from windows and vents to avoid carbon monoxide poisoning.

If you use a generator:



- Keep generator and fuel outdoors at least 25 feet from windows.
- Keep generator dry. If the generator is wet, touching it could cause an electrical shock.
- If you need to refuel, let the generator cool first. Fuel spilled on hot engine parts could catch fire.