



Plan for Power Outages

For Patients

Extreme weather events frequently can lead to power outages. This can lead to issues with using electricity dependent devices and refrigeration. This in turn can impact health.

Here is how to prepare for power outages so that you do not have suffer the impact of power outages.

- ☐ I will see if I can sign up for local planned power outage alerts. For example, in California, people can sign up for [PG&E Public Safety Power Shutoff](#) alerts.
- ☐ I will try to conserve electricity if it is really hot. This can help prevent blackouts.
- ☐ If I use **medical equipment that needs electricity or batteries**, I will have a backup plan so I can use them if the power goes out.

If the power goes out, I will:

- ☐ Use my backup electricity generator
- ☐ Have a backup battery fully charged in my home
- ☐ Evacuate somewhere that has power
- ☐ If I have **medications that require refrigeration**, I will have a cooler and ice or ice packs ready to store them as well as a thermometer to check the temperature inside the cooler.
- ☐ If I get water from a **well with an electric pump**, I will have a backup plan so I will have enough water to drink if the power goes out.

If the power goes out, I will:

- ☐ Have ____ gallons of bottled water at my home (at least 1 gallon per person, per day).
- ☐ Have ____ meals that do not require cooking (several days of non-perishable food, per person).
- ☐ Evacuate to a safe location before a power outage occurs or flooding prevents evacuation.

After an extreme weather event, I may want to **test my well water for pollution** before drinking it. I can do this by contacting the local health department to have well water sampled and tested for contamination. Or I can call the state laboratory certification officer to find a certified lab nearby to bring a sample for testing. More information is available from the EPA Safe Drinking Water Hotline (1-800-426-4791).

- ☐ If I have **electric heat or air conditioning**, I will not:
 - try to heat my home by burning fuels, such as wood or propane, indoors
 - use a gas oven or stove to heat my home
 - use an electricity generator or gas grill indoors
 - run my car with the garage door closed for air conditioning

*These can all result in **carbon monoxide poisoning**, which can be deadly.*

If I am too cold or hot because the heat or air conditioning will not work from a power outage, I will go someplace where heat or air conditioning is available.

If I am too hot during a power outage, I will go to: _____

Name

Phone

1. _____

2. _____

3. _____

Notes: