



Preparing for Power Outage: Persons Dependent on Electricity

Power outages can occur for a variety of reasons including, earthquake, winter storm, or a Public Safety Power Shut-off.

Putting together a power outage plan now can help protect your health and safety in the event of a power failure.

1 Take an inventory of items you need that rely on electricity

This may include: oxygen concentrator, CPAP, wheelchairs, garage door, elevator, refrigerated medications, ventilator, home dialysis machines, and many other devices.

2 Assemble a power outage kit

- Battery operated flashlights or lanterns
- Back-up batteries for electrical equipment (keep these charged, even unused batteries lose power)
- Back-up oxygen tank, tubing and mask
- Cell phone external battery or car charger adapter

Information on general disaster supplies is in the Go Bag section (pg. 32-34) of <http://bit.ly/EMERGENCYPLAN>

3 Sign-up for alerts!

Sign up for emergency notifications at <https://www.readyventuracounty.org/vc-alert/> and Nixle alerts by texting your zip code to 888777

4 Call your local power company

If you are dependent on a medical device, be sure to register with your power company. Ask about the medical baseline program.

- SCE: Update your online account or call 1-800-611-1911

5 Talk with your healthcare provider and medical device provider

Talk to your healthcare provider about your power outage plan.

- Find out how long your medications will be OK without refrigeration; get specific guidance for any medications that are critical.

Ask your medical equipment supplier and/or home health/hospice provider about their plans to assist you in emergencies:

- Get daytime and after-hours emergency phone numbers for your suppliers & providers

6 Plan for back-up power

Remember: Hospitals should not be a source of electrical support or oxygen during a power outage.

- Read your medical equipment manual and identify options you have for back-up power.
- If possible, purchase back-up batteries for your device and keep them charged.

7 Plan where you will go in the event of an outage and arrange transportation

- Plan for a local and out of area location where you can access power
- Identify what transportation you will use to go to a location with electricity
- Keep car gas tank at least half-full at all times (gas station pumps may not work during outages)

8 Establish your support team in advance (family, caregiver, friends)

- Plan how you will communicate with your team; phones may not work
- Complete **My Power Outage Emergency Plan** (reverse side) with your support team

9 Consider owning a home generator and know how to use it

- Learn how to use and maintain the generator ahead of time
- Have an adequate fuel supply and store it safely
- Always use generator outdoors, at least 20 feet away from a window

10 Practice your plan with your support team

Brought to you by:



My Power Outage Emergency Plan

Type of Assistive Device or Medical Equipment:

Brand/Model #:

Back-up batteries are located & will last for (*hours*):

Flashlight is located:

Oxygen tank is located & will last for (*hours*):

Oxygen tubing & mask are located:

Can you hook up oxygen tubing without assistance?

Yes

No

Assistive Device or Medical Equipment Supplier Information

Equipment Provider Name:

Daytime Phone #:

After-hours

Emergency Phone #:

Personal Care Provider Information

(e.g. Home Health, Hospice, Dialysis, Caregiver)

Name of Agency/ Provider:

Daytime Phone #:

After-hours

Emergency Phone #:

My Support Team & Where I Will Go During an Outage

Local:

Name:

Phone:

Generator?

Yes

No

Address:

Out-of-Area:

Name:

Phone:

Address:

Generator Information

Wattage:

Fuel Type:

Fuel Use (per hour):

What will generator power?

(refrigerator, oxygen concentrator, etc.)