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 safety
- Always use generator outdoors, at least 20 feet away from a window

### 10. Practice your plan with your support team

Brought to you by:

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### My Power Outage Emergency Plan

<table>
<thead>
<tr>
<th>Type of Assistive Device or Medical Equipment:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Brand/Model #:</td>
<td></td>
</tr>
</tbody>
</table>

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?  

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

### Assistive Device or Medical Equipment Supplier Information

<table>
<thead>
<tr>
<th>Equipment Provider</th>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daytime Phone #:</td>
<td></td>
</tr>
<tr>
<td>After-hours Emergency Phone #:</td>
<td></td>
</tr>
</tbody>
</table>

### Personal Care Provider Information

*e.g. Home Health, Hospice, Dialysis, Caregiver*

<table>
<thead>
<tr>
<th>Name of Agency/ Provider:</th>
<th>Daytime Phone #:</th>
</tr>
</thead>
<tbody>
<tr>
<td>After-hours Emergency Phone #:</td>
<td></td>
</tr>
</tbody>
</table>

### My Support Team & Where I Will Go During an Outage

**Local:**  
Name:  
Address:  
Phone:  

**Out-of-Area:**  
Name:  
Address:  
Phone:  

**Generator Information**

<table>
<thead>
<tr>
<th>Wattage:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fuel Type:</td>
<td></td>
</tr>
</tbody>
</table>

Fuel Use (per hour):  

What will generator power?  

*refrigerator, oxygen concentrator, etc.*