Power Outage Action Plan

Keep with your outage kit. Record the start time and check everyone first.

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LIGHT SAFELY. PROTECT PEOPLE. KEEP FRIDGE AND FREEZER CLOSED.

Household / outage start date & time

Utility outage-report number / outage map

01 FIRST 10 MINUTES

- [ ] **Check people and immediate hazards**
  Locate everyone. Check medical equipment. Stay away from downed wires and flooded electrical areas.
- [ ] **Use battery lighting**
  Get a headlamp or LED lantern. Avoid candles; keep exits and walkways clear.
- [ ] **Report and monitor the outage**
  Use your utility's reporting channel. Follow local alerts; conserve phone power and use short texts.
- [ ] **Protect appliances and cold food**
  Turn off cooking appliances; unplug sensitive electronics. Leave one light on. Keep cold-storage doors shut.

02 FOOD SAFETY CLOCK

4 HOURS	48 HOURS	24 HOURS
Refrigerator	Full freezer	Half-full freezer

These are closed-door estimates without power. Use appliance thermometers; keep cold food at 40°F or below. By four hours, move refrigerated perishables to a cooler with enough ice to hold 40°F or below.

Discard refrigerated perishables after four hours without power or another cold source. Frozen food may be refrozen or cooked if it still has ice crystals or is 40°F or below. Never taste food to test safety; discard it if uncertain.

Four-hour mark / cooler & ice location

Fridge / freezer temperatures and check time

03 IF THE OUTAGE CONTINUES

- [ ] Check on children, older adults, neighbors and anyone with medical or access needs.
- [ ] Use safe stored water and no-cook food. Follow local boil-water or do-not-use notices.
- [ ] Relocate before heat, cold or loss of medical power makes staying unsafe.

For urgent danger or a medical emergency in the U.S., call 911. Do not wait for a restoration estimate.

Backup Power & Home Plan

Complete before an outage. Test your equipment and review the plan regularly.

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NO GENERATORS, GRILLS OR FUEL-BURNING CAMP STOVES INDOORS.

04 BACKUP POWER: NON-NEGOTIABLES

- ☐ **Keep generator exhaust outside**
  Run portable generators outdoors, more than 20 feet from doors, windows and vents; point exhaust away. Never use in a garage.
- ☐ **Use working CO alarms**
  Install battery or battery-backup CO alarms near sleeping areas. If one sounds, get everyone outside and call 911.
- ☐ **Connect and refuel safely**
  Never plug a generator into a wall outlet. Use approved transfer equipment for home wiring. Keep it dry; shut down and cool before refueling.
- ☐ **Match backup power to the load**
  Check device requirements and test runtime. A power bank is for compatible small devices; medical equipment needs its own backup plan.

05 YOUR HOUSEHOLD OUTAGE PLAN

Medical device / battery runtime / backup source	Clinician or equipment supplier / phone
Medication storage instructions / pharmacist phone	Warm or cool destination / contact / transport
Essential loads / assigned backup power source	Out-of-area contact / check-in times
Kit / water / radio / flashlight locations	Who checks neighbors / pets / household needs

Ask your pharmacist about temperature-sensitive medicines. Plan device power with your care team; arrange relocation before batteries run low. Do not rely on a fan alone in dangerous heat or use a gas oven for warmth.

06 WHEN POWER RETURNS

- ☐ Confirm safe conditions; reconnect equipment gradually and check food temperatures.
- ☐ Recharge batteries, replace used supplies and review what needs improving.

USEFUL OUTAGE GEAR — AMAZON

LED lighting
Appliance thermometers
Battery CO alarms
Phone power banks

CDC: outage food safety
CDC: carbon monoxide prevention