



Power Outage Preparedness Plan

Before Power Outage	
One or more coolers—Inexpensive Styrofoam coolers work well.	<input type="checkbox"/>
Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged power outage.	<input type="checkbox"/>
A digital quick-response thermometer— With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.	<input type="checkbox"/>
Put together an emergency preparedness kit with supplies in case of a prolonged or widespread power outage.	<input type="checkbox"/>
If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power in your evacuation plan.	<input type="checkbox"/>
Keep a non-cordless telephone in your home. It is likely to work even when the power is out.	<input type="checkbox"/>
Keep your car's gas tank full.	<input type="checkbox"/>
Go to your outside meeting place and then call for help.	<input type="checkbox"/>
If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.	<input type="checkbox"/>

During Power Outage	
Keep food as safe as possible.	
Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.	<input type="checkbox"/>
Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.	<input type="checkbox"/>
Use your non-perishable foods and staples after using food from the refrigerator and freezer.	<input type="checkbox"/>
If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.	<input type="checkbox"/>
Keep food in a dry, cool spot and keep it covered at all times.	<input type="checkbox"/>
Electrical equipment	
Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.	<input type="checkbox"/>

Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.	<input type="checkbox"/>
Leave one light turned on so you'll know when the power comes back on.	<input type="checkbox"/>
Using generators safely	
When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.	<input type="checkbox"/>
If you are considering getting a generator, get advice from a professional, such as an electrician. Make sure that the generator you purchase is rated for the power that you think you will need.	<input type="checkbox"/>
Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.	<input type="checkbox"/>

After Power Outage	
Throw out unsafe food.	
Throw away any food that has been exposed to temperatures 40°F(4°C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!	<input type="checkbox"/>
Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.	<input type="checkbox"/>
If food in the freezer is colder than 40°F and has ice crystals on it, you can refreeze it.	<input type="checkbox"/>
If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40°F(4°C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.	<input type="checkbox"/>
Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.	<input type="checkbox"/>