

## STAYING WARM IN A POWER OUTAGE

- In a power outage chances are your heating system will not work, thus alternate means will be needed to keep warm.
- If you are using life-sustaining equipment (ventilators or dialysis machine for example) make sure local Emergency Manage Team knows about it so you can be given priority for power restoration or for evacuation.
- Items you should have in your power outage kit
  - Flashlights with extra batteries and/or Faraday (shake) type flashlights
  - Glow light Sticks
  - Battery powered radio with extra batteries and/or wind-up radio
  - Matches
  - Extra blankets
  - Supply of fuel for alterative heating source
- Close off rooms you don't need. Turn off lights, except one, and all electrical appliances except for refrigerators and freezers. Unplug computers and other sensitive electrons.
- To conserve heat: Close Curtains, drapes and shads; Cover doors and windows.
- Dress in layers and wear a warm hat. Stay dry
- Get adequate water and nutrition
- Sleep under layers of light blankets, not just one heavy blanket
- Avoid physical activities that cause excessive exertion (no sweating).
- Avoid drinking alcoholic beverages while in a cold environment.
- Remember your pets and their needs.
- Stay tuned to local radio stations for advice in coping with the emergency
- Have a corded phone and/or a cell phone available for communications
- Alternative heat sources may be needed for extended periods of power outages
  - Have an operating carbon monoxide monitor to make sure your ventilation is adequate.
  - Never use a charcoal or gas barbecue inside you house!
  - Wood fireplace or wood burning stove (make sure that combustible products are vented to the outside of your living area)
  - Kerosene, propane or butane space heater. The propane or butane heaters are better because they burn cleaner and have less toxic fumes but they still need adequate ventilation. Follow manufactures instructions.
  - Electrical space heaters run by a small electric generator located out side with an extension cord run into the heater.
  - Make sure all combustible material are kept clear of hot surfaces to prevent fires
- Under severe conditions, it may be necessary to evacuate your home. Listen to your battery operated radio for instructions.