

Print it. Keep it handy. Make a plan.



1 GET READY BEFORE AN OUTAGE

Be prepared. It's easier and safer.



Keep flashlights, batteries, a charged power bank and a battery-powered radio.



Store drinking water, shelf-stable food, essential medicines and basic first-aid supplies.



Download offline maps and save important contacts before you need them.



Plan for anyone relying on electrically powered medical equipment. Ask their care provider about backup options.

2 FIRST STEPS WHEN POWER GOES OUT

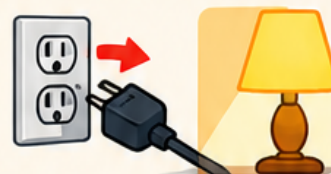
Stay calm. Check and take safe actions.



Check if the outage affects your home or the wider area. Contact your power provider when safe.



Use battery-powered lights rather than candles where possible.



Unplug sensitive devices to reduce surge damage. Leave one light switched on to notice when power returns.



Save your phone battery and follow local alerts or official instructions.

3 STAY SAFE DURING THE OUTAGE

Prevent hazards. Look after everyone.



Keep refrigerator and freezer doors closed to help food stay cold.



Never use generators, charcoal grills, camp stoves or other fuel-burning devices indoors, in garages or near open windows. Deadly carbon monoxide can build up.



Do not use gas cooking appliances to heat your home. Move somewhere safer if extreme temperatures or medical needs make staying dangerous.



Check on people who may need help. For immediate danger, call your local emergency services.

4 WHEN ELECTRICITY RETURNS

Check, restore and be ready again.



Check refrigerated and frozen food using local food-safety advice. Never taste food to test whether it is safe; when uncertain, throw it out.



Check any medicines requiring refrigeration with a pharmacist or healthcare professional.



Recharge supplies, restore devices carefully and update your family emergency plan.



Review what worked well and restock your supplies.



MY LOCAL EMERGENCY NUMBER: _____

POWER PROVIDER: _____



Safety notice: This is general educational information, not official emergency or professional advice. Follow local authorities, emergency services and qualified professionals. Safety needs and rules vary by location.



Research references (no endorsement implied):
redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency



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POWER OUTAGE: SAFETY NOTES

Keep this page with your visual quick-glance guide.

1 FOOD: KEEP THE COLD IN

Keep fridge and freezer doors closed as much as possible.

An unopened refrigerator generally keeps food safe for about 4 hours.

A full freezer may keep food frozen about 48 hours; half-full about 24 hours if the door stays shut. Times depend on conditions.

When in doubt, throw perishable food out. Never taste food to test safety.

2 MEDICAL DEVICES: PLAN BEFOREHAND

If anyone relies on powered medical equipment, ask their healthcare team about backup power, battery duration and an emergency care plan.

Know who to call if the equipment stops working or power is unavailable.

If someone is in immediate danger, contact local emergency services.

3 WHEN POWER RETURNS

During the outage, unplug sensitive electronics to help avoid surge damage.

Leave ONE ordinary, safe light switched on so you notice power returning.

Do not use a heater, stove or other heat-producing appliance as that signal.

When power returns, reconnect devices carefully and check refrigerated food.

4 CARBON MONOXIDE: A LIFE-THREATENING HAZARD

Never use generators, charcoal grills, camping stoves or other fuel-burning devices indoors, in garages or near doors, windows or vents.

Never use a gas oven or hob to heat your home. Move to safety if needed.

Official reference points (check local guidance):

[redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html)

[foodsafety.gov/food-safety-charts/food-safety-during-power-outage](https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage)

[ready.gov/power-outages](https://www.ready.gov/power-outages)