



Power Outage

Preparedness Empowers You It saves lives, property, and time.

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

**Be Ready Navy!
I am. Are you?**

Electrical power can go out for any number of reasons. An unexpected outage can have unforeseen consequences. Without electricity you may experience a shortage of food and clean water, as well as extreme temperatures. You should be prepared to manage without power for an extended period of time.

How to Prepare

- 1 Be **informed** and know power outage terminology.
 - **Rolling blackouts**
 - » Rolling blackouts, or temporary power shortages, may happen from time to time when power companies turn the power off in certain areas to curb usage.
 - » Rolling blackouts occur during peak seasons and hours of energy consumption, usually in the summer, 4–7 p.m.
 - » Power companies try to warn affected areas of planned rolling blackouts, but they cannot always do so.
 - » The power is usually out for only about an hour.
 - **Summer blackouts**
 - » Extreme heat is usually the cause of summer blackouts.
 - » Summer blackouts are dangerous because they eliminate the most effective ways to beat the heat: fans and air conditioning.
- 2 Make a family **emergency plan**.
- 3 Back up computer files regularly.
 - » In the absence of these means of keeping cool, make sure you stay hydrated.
 - » Take cold showers or baths to cool down.
- 4 Keep your car tank full because gas stations rely on electricity to power their pumps.
- 5 Keep a key to your house with you if you regularly use an electronic garage door opener to enter your home.
- 6 Know where the manual release lever of your electric garage door opener is located and how to operate it.
- 7 Build an **emergency kit**.
 - Make sure you have flashlights and batteries.
 - Make sure you have a battery-operated radio.
 - Stockpile plenty of nonperishable food and bottled water.
 - Keep at least \$100 of cash in small denominations to provide you with a means of purchasing needed items when credit card machines and automated teller machines (ATMs) do not operate without power.

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What to Do If There Is a Power Outage

- Use flashlights rather than candles for light.
- Turn off the electrical equipment you were using when the power went out.
- Eliminate unnecessary travel, especially by car as traffic signals will stop working during an outage and accidents may occur.
- Remember that ATMs and elevators may not work during a power outage.
- Water purification systems may not be functioning when the power goes out, so water may be unsafe to use.
- Drink and use bottled, boiled, or treated water.
- Make sure your pets have plenty of fresh, cool water.
- Try not to open the freezer or refrigerator too much. A full freezer should keep food for 48 hours.
- Pack dairy products, meat, fish, eggs, and other items that can quickly spoil in a cooler surrounded by ice to extend their usability.
- Throw out any foods (meat, poultry, fish, eggs, and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for two hours or more, and any food that has an unusual odor, color, or texture, or feels warm to touch.
- If the power goes out in extreme heat:
 - » Stay hydrated by drinking a glass of water every 15–20 minutes.
 - » Wear light-colored, loose-fitting clothing.
 - » Keep the air circulating by opening doors and windows.
 - » Be aware of the possibility for a heat stroke.
- If the power goes out in extreme cold:
 - » Wear several layers of warm clothing.
 - » Keep moving to stay warm.
 - » Be aware of the possibility for hypothermia, which happens when one's body temperature falls below 95°F.

Where to Find Additional Information

- Centers for Disease Control and Prevention (CDC)—
 - » www.bt.cdc.gov/poweroutage/pdf/poweroutage.pdf
 - » www.bt.cdc.gov/poweroutage/pdf/blackout.pdf
- Department of Homeland Security (Ready.gov)—
www.ready.gov/blackouts
- National Oceanic and Atmospheric Administration (NOAA) Space Weather Prediction Center—
<http://www.swpc.noaa.gov/AboutUs/index.html>