



October Preparedness Step — Power

Be able to safely meet your basic needs during a power outage.

We rely on electricity for far more than turning on the lights. It can affect our heat, food, water, communication, and medical equipment. A power outage may also occur at the same time as another emergency, such as a severe winter storm.

Taking a few simple steps now can make a power outage much easier and safer to manage.

This Month's "One Thing"

Choose **one simple action** to prepare your household for a power outage:

Make Sure You Have Emergency Lighting

Keep flashlights or battery-powered lanterns in several easily accessible locations around your home. Check that they work and keep extra batteries on hand. A rechargeable flashlight or lantern can also be a useful addition to your emergency supplies.

Know How to Safely Use a Generator

If you own or are considering purchasing a portable generator, learn how to use it safely before you need it.

Generators must **always be operated outdoors**, well away from doors, windows, and other openings. Never use a generator inside a house, garage, basement, or other enclosed space because of the risk of carbon monoxide poisoning.

If you want to connect a generator to your home's electrical system, have the appropriate transfer equipment installed by a licensed electrician. Never connect a generator to a household electrical outlet or attempt to "backfeed" your home.

Create a Power Outage Plan

Think about what your household will need before, during, and after an outage.

Consider:

- How will you keep warm?
- How will you communicate if your home loses power?
- How will you safely store and prepare food?
- Do you have a way to charge your phones?

- How will you access information if the internet is unavailable?
- Does anyone in your household rely on electrically powered medical equipment?
- Can you manually open your garage door if the power-operated opener stops working?

Don't Forget Your Refrigerator and Freezer

When the power goes out, keep refrigerator and freezer doors closed as much as possible.

An unopened refrigerator will generally keep food cold for about **4 hours**, while an unopened full freezer can keep food frozen for approximately **24 hours**. If refrigerated food has been above **4°C for more than 2 hours**, it should be discarded. When in doubt, throw it out.

Power Outage Safety

 **Stay away from downed power lines** and anything they may be touching, including fences, vehicles, or buildings.

 **Never drive over a downed power line.** It may still be energized.

 **Never use a barbecue, camping stove, or other fuel-burning appliance indoors** as a source of heat or cooking. Carbon monoxide can build up quickly and can be deadly.

 **Use candles carefully.** Never leave a burning candle unattended. Flashlights and battery-powered lighting are safer choices.

A power outage can affect almost every part of daily life. A little preparation can help you stay warm, keep food safe, maintain communication, and avoid the hazards that can accompany an outage.

You do not need to prepare for everything at once.

Small Steps Make a Big Difference

Take **one step this month** to make your household better prepared for a power outage. Then build on it next month.

By working through one preparedness step at a time, you are building a household that is better prepared for whatever comes your way.

Learn more at www.do1thing.com



OCTOBER PREPAREDNESS STEP

POWER

Small Step.
Big Difference.

BE ABLE TO SAFELY MEET YOUR BASIC NEEDS
DURING A POWER OUTAGE.

This month's "One Thing" – Choose ONE action to prepare your household for a power outage.



✓ GENERATORS
MUST BE USED
OUTDOORS
AWAY FROM
DOORS, WINDOWS
AND VENTS

1 MAKE SURE YOU HAVE EMERGENCY LIGHTING



- Keep flashlights or battery-powered lanterns in several easy-to-find locations.
- Check that they work and keep extra batteries on hand.
- Consider rechargeable options.

💡 LIGHT + BATTERIES = READINESS

2 KNOW HOW TO SAFELY USE A GENERATOR



- Always operate outdoors, far from doors, windows and other openings.
- Never use a generator inside a house, garage, basement or other enclosed space.
- If connecting to your home, have the proper transfer equipment installed by a licensed electrician.
- Never plug a generator into a wall outlet or try to "backfeed" your home.

3 CREATE A POWER OUTAGE PLAN

- ✓ How will you keep warm?
- ✓ How will you communicate?
- ✓ How will you safely store and prepare food?
- ✓ Do you have a way to charge your phones?
- ✓ How will you access information?
- ✓ Does anyone rely on electrically powered medical equipment?
- ✓ Can you manually open your garage door if the power-operated opener stops working?



THINK AHEAD. PLAN AHEAD. STAY AHEAD.

DON'T FORGET YOUR FRIDGE & FREEZER



Keep doors closed as much as possible.

- ❄️ Refrigerator: keeps food cold for about 4 HOURS.
- ❄️ Full freezer: keeps food frozen for about 24 HOURS.

⚠️ If food has been above 4°C for more than 2 hours, discard it. When in doubt, throw it out.

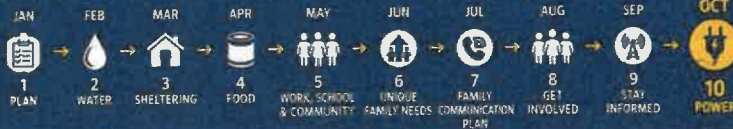
POWER OUTAGE SAFETY

- ⚡ Stay away from downed power lines and anything they may be touching.
- 🚗 Never drive over a downed power line. It may still be energized.
- 🔥 Never use a barbecue, camping stove, or other fuel-burning appliance indoors. Carbon monoxide can build up quickly and can be deadly.
- 🕯️ Use candles carefully. Never leave a burning candle unattended. Flashlights and battery lighting are safer choices.

A LITTLE PREPARATION TODAY CAN KEEP YOUR FAMILY SAFE, WARM, AND CONNECTED DURING AN OUTAGE.

TAKE ONE STEP THIS MONTH. BUILD ON IT NEXT MONTH.

Get more tips at
www.Do1Thing.com



Do 1 Thing

One small step each month.
A safer tomorrow.