



**For information and assistance  
on services and programs in  
your area call  
1 (800) 510-2020**

## ***TIPS for SENIORS***

### **Prepare for Power Outages**

**If a flood is likely in your area, you should:**

- ❖ Listen to the media for current information on affected areas. Have a battery-operated radio available with an extra set of batteries.
  - ❖ When an electrical outage does occur, turn off all appliances, computers, and all lights but one. That light will indicate when power has been restored.
  - ❖ Keep a flashlight or lantern equipped with fresh batteries within easy reach. For people with limited reach or grasp, inexpensive battery-operated touch lamps are a good option. Such lights can be installed in areas of greatest use, and are small enough to be carried in an emergency. Do not use candles for heat or light, as they can be a fire hazard.
- ❖ Have a 10-day supply of prescription medications and durable medical goods and store them in a convenient location. A copy of emergency contact numbers and current prescriptions should be stored in the same location.
  - ❖ Keep your refrigerator and freezer doors closed. Refrigerated foods should remain safe to eat for several hours, and frozen foods should remain safe for an extended period. If in doubt about the safety of any food, throw it out.
  - ❖ Find out what kind of telephone you have. If it is a cordless phone, it will not work during a power outage. Make plans to use an older telephone that just plugs into the wall. A cellular telephone or access to a nearby pay phone is also a good option.
  - ❖ Be sure you know how to open your garage door if the power goes out.

**If you are dependent on electrically powered breathing machines or other life-sustaining medical equipment:**

- ❖ Work with your doctor, case managers and caregivers to develop a plan on what you will do if the power goes out
- ❖ Make sure you have backup batteries or generators available
- ❖ Contact the local electrical utility company and local public safety agencies in advance, if lack of electricity would create an immediate threat to life or safety
- ❖ Ensure that your house numbers are readily visible from the street to expedite emergency response
- ❖ If you or any member of your family has a life-threatening emergency, call 911

**If you need additional information, contact your  
local Office of Emergency Services**