

# NASSAU COUNTY MRC



NASSAU COUNTY DEPARTMENT OF HEALTH

September 23, 2015

## National Preparedness Month Week 4: Power Outage

The biggest Power Outage in U.S. history occurred on August 14, 2003, leaving roughly 50 million people without power. Power outages, or blackouts, can happen anywhere...and to anyone.

### Before a Power Outage:

- ◇ Conserve energy to keep the use of electricity as low as possible.
- ◇ Fill plastic containers with water and put them in the refrigerator and freezer (leave an inch of space for expansion). This will help keep food cold during a temporary power outage.
- ◇ Most medication that requires refrigeration can be kept in a closed fridge for several hours-check with your physician.
- ◇ Keep your car tank at least half full.
- ◇ Keep cash on hand (small bills).
- ◇ Know how to work the manual release lever of your electric garage door opener.
- ◇ If you enter your home through the garage, keep a house key with you.
- ◇ People with access and/or functional needs
  - ◇ Contact your power company and local fire department to inform them of your special needs
  - ◇ Have extra batteries for wheelchairs/scooters (car batteries can be used). Have a lightweight manual wheelchair.
  - ◇ Have a talking or Braille clock or large-print timepiece (extra batteries) if you are blind or have a visual disability.

### During a Power Outage:

- ◇ Use only flashlights, NEVER use candles due to extreme risk of fire.
- ◇ Keep fridge and freezer doors closed. Check all food carefully for signs of spoilage.
- ◇ Turn off/disconnect appliances, equipment or electronics in use when the power went out.
- ◇ Do not run a generator inside a home or garage.
- ◇ Do not connect a generator to a home's electrical system. Connect equipment directly to the outlets on the generator.
- ◇ Listen to local radio and to a battery- or generator-powered television for updated information.
- ◇ Leave on one light so that you'll know when your power returns.
- ◇ Use a standard telephone handset that does not require electricity.
- ◇ If it is hot: At home, stay in the lowest level of your home, since cool air falls. Wear lightweight, light-colored clothing, drink plenty of water, even if you do not feel thirsty. Go to a movie theater, mall or cooling center.
- ◇ If it is cold: Put on layers of warm clothing, never burn charcoal indoors and never use your oven as a source of heat.
- ◇ Provide plenty of fresh, cool water for your pets.
- ◇ Eliminate unnecessary travel, especially by car. Traffic signals will stop working and driving can be dangerous.
- ◇ Equipment such as automated teller machines (ATMs) and elevators may not work during a power outage.

**After a Power Outage:** Throw out unsafe food. "When in doubt, throw it out!"



2003 Blackout.

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