

HOW TO STAY SAFE WHEN A POWER OUTAGE THREATENS

Prepare NOW

Take an inventory now of items you need that rely on electricity.

Talk to your medical provider about a power outage plan for medical devices powered by electricity and refrigerated medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

Sign up for local alerts and warning systems. Monitor weather reports.

Check with your local officials for community locations. If you go to a public center, keep at least six feet apart from people who are not your immediate family.

Install carbon monoxide detectors with battery backup in central locations on every level of your home.

Determine whether your home phone will work in a power outage and how long battery backup will last.

Review the supplies that are available in case of no power. Have flashlights with extra batteries for every household member. Have enough nonperishable food and water.

Use a thermometer in the refrigerator and freezer so that you can know the temperature when the power is restored.

Keep mobile phones and other electric equipment charged and gas tanks full.

Survive DURING

Keep freezers and refrigerators closed. The refrigerator will keep food cold for **about four hours**. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.

Use food supplies that do not require refrigeration.

Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows. Never use a gas stovetop or oven to heat your home.

Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary "surges" or "spikes" that can cause damage.

Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

Go to a community location with power if cold is extreme. Wear masks in public spaces. **Bring items to protect against COVID-19**, such as two masks per person for everyone over the age of two and hand sanitizer that contains at least 60% alcohol.

If you lose power, **remember** to contact your utility company directly & report the outage.

Citizens' Electric	570-524-2231	Pike County	855-855-2433
Duquesne Light	412-393-7000	PPL	800-342-5775
MetEd	888-544-4877	UGI	800-276-2722
PECO	800-841-4141	Wellsboro Elec.	570-724-3516
Penelec	888-544-4877	West Penn Power	888-544-4877
Penn Power	888-544-4877		

Be Safe AFTER

When in doubt, throw it out! Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor, color, or texture.

If the power is out for more than a day, discard any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drugs, consult doctor or pharmacist and use medicine only until a new supply is available.

Continue taking steps to protect yourself from COVID-19 and other infectious disease such as washing your hands often and cleaning commonly touched surfaces.

Restock your emergency kit with fresh batteries, canned foods, first aid supplies, and other necessary supplies.

**Take an Active Role
in Your Safety**
Go to Ready.pa.gov and search for power outages.

