

# MCHD HEALTH BLOG

*The greatest wealth of a community is the health of the people.*



**Public Health**  
Prevent. Promote. Protect.  
MORGAN COUNTY HEALTH DEPT.



## POWER OUTAGE TIPS

Many homes in Morgan County lost power during the ice storm last week. We are all very thankful for all those who worked hard in rough conditions to restore power to our area. Unfortunately, power outages can happen at any time. It is never too early to begin preparation for the next power outage.

Tips for PREPARING BEFORE the next power outage:

- Take an inventory of the items you need that rely on electricity.
- Talk to your medical provider about a plan for medical devices that rely on power, and know how long medication can be stored at higher temperatures if they typically require refrigeration.
- Have extra batteries and pre-charged power banks on hand.
- Sign up for local alerts and warning systems. ([http://bit.ly/mc\\_codered](http://bit.ly/mc_codered))
- Install carbon monoxide detectors with battery backup in central spots on every level of your home.
- Place a thermometer in the refrigerator and freezer so you know the temperature when the power is restored.
- Keep cell phones and other electric equipment charged and gas tanks full.

Tips for PROTECTING yourself DURING the next power outage:

- Keep freezers and refrigerators closed.
- Only use generators outdoors and away from windows.
- Do not use a gas stove to heat your home.
- Disconnect appliances and electronics to avoid damage from electrical surges.
- Use alternate plans for refrigerating medicines or power-dependent medical devices.
- If safe, go to an alternate location for heat or cooling.
- Check on your neighbors.

Tips for loss of heat:

- Closing blinds, curtains, and room doors can help contain the heat, and stuffing towels in the cracks under doors can help keep the warmth inside.
- Food provides energy to warm your body, don't forget to eat and stay hydrated .
- Wear layers of loose-fitting, lightweight, warm clothing.
- Check with local officials about heating locations open near you.

MCHD encourages you to take an active role in your safety! Visit [www.ready.gov](http://www.ready.gov) or [www.morganpublichealth.org](http://www.morganpublichealth.org) for additional resources.