

READY TOGETHER FOUNDATION
COMMUNITY PREPAREDNESS RESOURCE LIBRARY

RTF-108

Power Outage Survival Guide

A Practical Guide to Staying Safe During Short and Extended Power
Outages

Building Resilient Communities Together

Be Prepared Before the Lights Go Out

Power outages can happen unexpectedly due to storms, wildfires, earthquakes, equipment failures, extreme heat, or other emergencies.

While many outages last only a few hours, some can continue for several days.

Preparing in advance helps protect your family, reduce stress, and keep essential services available when you need them most.

Prepared families are better equipped to face unexpected challenges.

Why Power Outage Preparedness Matters

Preparing for a power outage helps your family:

- Stay safe during extended outages.
- Protect food and drinking water.
- Keep communication devices charged.
- Reduce health and safety risks.
- Care for family members who rely on electricity for medical needs.

Preparation today provides peace of mind tomorrow.

Before a Power Outage

Take these steps before an outage occurs.

- ☐ Build an emergency kit.
- ☐ Keep flashlights in accessible locations.
- ☐ Charge phones and portable battery packs.
- ☐ Know how to manually open your garage door.
- ☐ Store extra batteries.
- ☐ Keep cash available.
- ☐ Prepare backup plans for refrigerated medications.
- ☐ Identify nearby cooling or warming centers.

Emergency Supplies

Your outage kit should include:

- ☐ Flashlights
- ☐ Extra batteries
- ☐ Battery-powered or hand-crank radio
- ☐ Portable power bank
- ☐ Bottled water
- ☐ Non-perishable food
- ☐ Manual can opener

- ☐ First Aid Kit
- ☐ Prescription medications
- ☐ Blankets
- ☐ Battery-powered lantern
- ☐ Printed emergency contact list

Food Safety

A power outage can affect food safety.

Remember:

- ☐ Keep refrigerator and freezer doors closed as much as possible.
- ☐ Use refrigerated foods first.
- ☐ Discard food that has become unsafe.
- ☐ When in doubt, throw it out.

Never taste food to determine whether it is safe.

Lighting Safety

Use safe lighting.

Recommended:

- ☐ Flashlights
- ☐ Battery-powered lanterns

Avoid:

- ☐ Leaving candles unattended.
- ☐ Using outdoor equipment indoors.
- ☐ Unsafe heating methods.

Safety should always come first.

Generator Safety

If using a generator:

- ☐ Operate it outdoors only.
- ☐ Keep it away from windows and doors.
- ☐ Never use generators inside homes or garages.
- ☐ Follow the manufacturer's safety instructions.

Improper generator use can lead to carbon monoxide poisoning.

Medical Needs

If someone in your household depends on electrically powered medical equipment:

- ☐ Contact your utility company to learn about available support programs.
- ☐ Keep backup batteries charged.

- ☐ Have an alternative power plan.
- ☐ Speak with your healthcare provider about emergency options.

Planning ahead can save lives.

Staying Connected

During an outage:

- ☐ Conserve your phone battery.
- ☐ Use text messages when possible.
- ☐ Monitor official emergency information.
- ☐ Keep family members informed of your location.

Children During Power Outages

Help children feel safe by:

- ☐ Explaining what is happening.
- ☐ Keeping flashlights nearby.
- ☐ Playing games or reading together.
- ☐ Maintaining routines where possible.

Reassurance helps reduce anxiety.

Caring for Pets

Remember your pets.

Prepare:

- ☐ Water.
- ☐ Food.
- ☐ Medications.
- ☐ Comfort items.
- ☐ Waste disposal supplies.

After Power Is Restored

When electricity returns:

- ☐ Check appliances before using them.
- ☐ Restock emergency supplies.
- ☐ Recharge batteries and power banks.
- ☐ Replace used items in your emergency kit.
- ☐ Review what worked well and what could be improved.

Every emergency provides an opportunity to improve preparedness.

Ready Together Action

Complete these three steps this week:

- ☐ Charge all portable battery packs.
- ☐ Locate every flashlight in your home.
- ☐ Review your emergency food and water supplies.

Prepared families don't wait until the lights go out.

Review Your Preparedness

Review your power outage plan:

- ☐ Every six months.
- ☐ Before extreme weather seasons.
- ☐ After replacing emergency equipment.
- ☐ After changes in household members.

Preparedness is an ongoing commitment.

About Ready Together Foundation

Ready Together Foundation is dedicated to building resilient communities through emergency preparedness, emergency relief and response, youth engagement, and outreach to vulnerable populations.

Our work focuses on:

- Community Emergency Preparedness
- Emergency Relief & Response
- Youth Preparedness & Leadership
- Vulnerable Population Outreach

Together, we are building stronger, safer, and more resilient communities.

Ready Together Foundation

Building Resilient Communities Together

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Preparedness is a journey, not a one-time event. Every small step you take today helps protect the people you care about tomorrow.