

Tips for **BEFORE** a power outage

- ✓ Fill up the gas tank of your vehicle.
- ✓ Know the location of a functional flashlight in your home.
- ✓ Charge your cell phone and any other electronic devices you may need/want. If you use your car to re-charge devices do NOT do so while your car is in a garage, partially enclosed space, or close to your home as this can lead to carbon monoxide poisoning.
- ✓ If you have an electric garage door opener, know where the manual release lever is and how to use it.
- ✓ If you rely on medication or other medical support that is scheduled during or just after the storm, explore options to fill your prescription or obtain those services prior to the storm's arrival.
- ✓ If your home requires power to pump water consider filling pots, a bath tub, or other containers with water prior to the storm. This will provide you with accessible water should you experience a power outage.
- ✓ Check on relatives, friends, and neighbors to help them prepare.

These tips and other preparedness information can be found at www.ready.gov

Tips for **DURING** a power outage

- ✓ Turn off or unplug electrical equipment such as refrigerator or toaster oven that was in use when the power went out to help prevent damage from a possible electrical surge when the power is restored.
- ✓ Consume food from your refrigerator first, then the freezer, then the pantry.
- ✓ Limit how often and how long you open the door to your refrigerator or freezer.
- ✓ If you lose power and need somewhere to stay, contact your municipality to find out more information on resources which may be available near you.
- ✓ Do not burn charcoal indoors or use an oven as alternative heating sources.
- ✓ Remember to make sure your fireplace or wood stove is vented to the outside & your space heater is at least three feet from anything that may catch fire.
- ✓ Never place a space heater on top of furniture or near water & avoid using extension cords.

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Tips for **BEFORE and DURING** a nor'easter

- ✓ Put away or secure any potentially dangerous or lightweight objects outside of your home.
- ✓ Avoid traveling if possible. If you cannot avoid travel, place some emergency supplies in your vehicle or in a backpack if you take public transportation. For information on emergency preparedness supplies visit www.ready.gov
- ✓ If you are in a vehicle that becomes stuck in the snow, first contact first responders or other emergency response resources for assistance. While awaiting help, ensure your vehicle's tailpipe remains clear of snow. A blocked tailpipe can lead to carbon monoxide poisoning.
- ✓ Check in on family, friends, and neighbors.
- ✓ Make a list of important contact numbers that you may need such as those for relatives, friends, neighbors, utilities, insurance companies, and your municipality. Contact 911 for emergencies.
- ✓ Stay away from all downed power lines, stray wires, and debris in contact with them. Downed power lines may still be dangerous.

Carbon monoxide safety

Carbon monoxide (CO) is an odorless, colorless gas. CO can cause sudden illness and death within minutes of inhaling it.

Here are some tips to help keep you safe during and after the storm:

- ✓ If you have a CO detector in your home, check the batteries to ensure that the device is working correctly
- ✓ Keep gasoline, propane, natural gas, and charcoal-burning devices, such as generators and camp stoves, out of your home, basement, or garage, and less than 20 feet from any window door or vent
- ✓ Do not use an oven or gas range to heat your home
- ✓ If CO poisoning is suspected, call 911 or Poison Control (800-222-1222)
- ✓ If your vehicle is stuck, ensure that the tail pipe remains clear of snow or other materials that may block it
- ✓ Have your chimney checked and cleaned every year, and make sure your fireplace damper is open before lighting a fire and well after the fire is extinguished

Signs and symptoms of carbon monoxide poisoning may include:

- ✓ Dull headache
- ✓ Weakness
- ✓ Dizziness
- ✓ Nausea or vomiting
- ✓ Shortness of breath
- ✓ Confusion
- ✓ Blurred vision
- ✓ Loss of consciousness