

PREPARE YOUR HEALTH: POWER SOURCES

A power outage can disrupt medical services, pharmacies and can be life threatening for people who rely on electric-powered medical equipment. Prepare for a prolonged blackout with an emergency power plan and back up and alternative power sources.



THE BASICS:

- Extra batteries in standard sizes, such as AA and AAA
- Car chargers and adapters for your electric devices
- Hearing aid batteries
- Car charger(s) for electronic devices like cell phones
- Jump starter and/or jumper cables
- Hand-crank weather radio with USB port(s)
- A generator
- Battery - powered, carbon monoxide (CO), space detectors.



QUICK TIPS:

- Pack flashlights or a battery-powered lantern for emergency lighting. **Candles pose a fire hazard.**
- Create an **emergency power plan** for your medical devices, including breathing machines, power wheelchairs and scooters, nebulizers, and oxygen and home dialysis equipment.
- **Read the user manual** or contact the manufacturer to find out if your medical device is compatible with batteries or a generator.
- Contact your **local fire department**, and power and water companies if you use electric-powered medical equipment.
- Buy **manual alternatives** to your electricity-dependent equipment, if possible. For example, a manual wheelchair, walker or cane as backup for an electric scooter.