



# Power Outage

**Preparedness Empowers You**  
**It saves lives, property, and time.**

Emergencies happen, often with little or no notice. By taking action beforehand you can be prepared for any emergency.

**Be Ready Navy!**  
**I am. Are you?**

Electrical power can go out for any number of reasons. An unexpected outage can have unforeseen consequences. Without electricity you may experience a shortage of food and clean water, as well as extreme temperatures. You should be prepared to manage without power for an extended period of time.

## How to Prepare

- 1 Be **informed** and know power outage terminology.
- 2 Make a family **emergency plan**.
- 3 Back up computer files regularly.
- 4 Build an **emergency kit**.
  - Make sure you have flashlights and batteries.
  - Make sure you have a battery-operated radio.
  - Stockpile plenty of nonperishable food and bottled water.

## Rolling Blackouts

- Rolling blackouts, or temporary power shortages, may happen from time to time when power companies turn the power off in certain areas to curb usage.
- Rolling blackouts occur during peak seasons and hours of energy consumption, usually in the summer, 4–7 p.m.
- Power companies try to warn affected areas of planned rolling blackouts, but they cannot always do so.
- The power is usually out for only about an hour.

## Summer Blackouts

- Extreme heat is usually the cause of summer blackouts.
- Summer blackouts are dangerous because they eliminate the most effective ways to beat the heat: fans and air conditioning.
- In the absence of these means of keeping cool, make sure you stay hydrated.
- Take cold showers or baths to cool down.

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## What to Do If There Is a Power Outage

- Use flashlights rather than candles for light.
  - Turn off the electrical equipment you were using when the power went out.
  - Water purification systems may not be functioning when the power goes out, so water may be unsafe to use.
  - Drink and use bottled, boiled, or treated water.
  - Try not to open the freezer or refrigerator too much.
  - A full freezer should keep food for 48 hours.
  - Pack dairy products, meat, fish, eggs, and other items that can quickly spoil in a cooler surrounded by ice to extend their usability.
- If the power goes out in extreme heat:
    - » Stay hydrated, drinking a glass of water every 15–20 minutes.
    - » Wear light-colored, loose-fitting clothing.
    - » Keep the air circulating by opening doors and windows.
    - » Be aware of the possibility for a heat stroke.
  - If the power goes out in extreme cold:
    - » Wear several layers of warm clothing.
    - » Keep moving to stay warm.
    - » Be aware of the possibility for hypothermia, which happens when one's body temperature falls below 95°F.

## Where to Find Additional Information

- Department of Homeland Security (Ready.gov) & FEMA—  
[www.ready.gov/blackouts](http://www.ready.gov/blackouts)
- Centers for Disease Control and Prevention (CDC)
  - » [www.bt.cdc.gov/poweroutage/pdf/poweroutage.pdf](http://www.bt.cdc.gov/poweroutage/pdf/poweroutage.pdf)
  - » [www.bt.cdc.gov/poweroutage/pdf/blackout.pdf](http://www.bt.cdc.gov/poweroutage/pdf/blackout.pdf)