

ARE YOU PREPARED?



Power Outages

Power outages often occur during severe weather, including winter storms, hurricanes, high winds, wildfires, thunderstorms, and floods. Losing power can disrupt communication, water access, utilities, and transportation, and may force businesses, schools, banks, gas stations, and government services to close. Outages can also lead to food spoilage and, in winter, frozen pipes.

Be prepared! Helpful Hints

- Be prepared! Helpful Hints
- Keep freezers and refrigerators closed to maintain their temperatures longer
- Use generators outdoors only- 20 feet away for any opening to a building
- Unplug appliance to avoid surges (or use surge protectors)
- Have a plan for refrigerating necessary medications
- Have a plan to power necessary medical devices.
- When in doubt – throw it out regarding food that may have become contaminated due to poor refrigeration
- Have battery powered fire and CO2 alarms
- Have 5 days of supplies (food, water, power available at a minimum)
- Keep your vehicles filled at least halfway with gas and emergency supplies
- Be aware of any water advisories and if in doubt follow safe water procedures
- Keep mobile devices and electronic equipment charged
- Keep hand and toe warmer packet in emergency kit /layers of cloths /extra blankets

Make sure family members or neighbors know your status and also inform them if you evacuate.

From 9/11 to today, VOICES helps families and communities heal after tragedy.

Voices Center for Resilience provides long-term support and resources that promote mental health care and wellness for victims' families, responders, and survivors, and assists communities preparing for and recovering from traumatic events.

Voices Center for Resilience, formerly Voices of September 11th, is a 501(c)(3) nonprofit organization.

For information, resources,
or to register for VOICES
programs and events,
scan, or call 203-966-3911

