

Power Outage Preparedness

For Individuals with Energy-Dependent Medical Needs

If you rely on electricity for medical or assistive equipment, planning ahead can help keep you safe during a power outage.

✓ Plan for Your Medical Equipment

- List all medical devices that require electricity (e.g., oxygen concentrator, CPAP/BiPAP, ventilator, feeding pump, dialysis equipment, power wheelchair)
- Contact your **Durable Medical Equipment (DME) provider**
 - Ask how long batteries will last
 - Ask about backup batteries or oxygen tanks
 - Ask what to do if power is out for a long time
- Ask your **doctor or care provider** what to do if your device stops working.

✓ Backup Power

- Know **how long your equipment battery lasts**
- Have **extra batteries or backup power available**
- Consider a **portable power station or generator**
- Keep **charging cords and extension cords accessible**
- If you use oxygen, keep **backup oxygen tanks available**

✓ Medications and Supplies

- Keep at **least a 7-day supply of medications** if possible
- Maintain extra medical supplies such as:
 - Oxygen tubing
 - Feeding supplies
 - Catheters
 - Batteries
 - Charging cords
- Keep a **list of medications and medical conditions**



✓ Make a Support Plan

- Identify **friends or family you could stay with** if power is out
- Arrange **transportation** if you need to leave home
- Identify **community locations with power** (libraries, community centers, shelters)
- Pack a **medical go-bag** with medications, supplies, and equipment accessories

✓ Stay Connected

- Register for **emergency alerts** through NOCOAlert at: nocoalert.com. List any special medical considerations when you register.
- Register for your **utility company's medical or life-support registry** (if available)
- Keep **important phone numbers available**:
 - Doctor
 - Medical equipment provider
 - Pharmacy
 - Power company
 - Emergency contacts
- Keep a **charged cell phone and backup battery**

✓ When the Power Goes Out

- Turn on backup power or batteries immediately
- Contact your **medical equipment provider** if your device stops working
- Move to a **location with power** if the outage will last longer than your backup power
- Call **911 if your health or safety is at risk**

Quick Safety Tip

Test your backup batteries and power plan at least once a year to make sure everything works.

