

PLANNING & PREPAREDNESS

Extended power outage planning

Plan for an outage beyond the first evening, including essential equipment and a place to relocate.

If electricity loss creates an immediate medical emergency, call 911; do not wait for a restoration estimate.

List what depends on electricity

- Include medical equipment, mobility aids, medicine refrigeration, heating, cooling, water pumps, communications and how you open doors or leave home.
- Ask the equipment supplier and healthcare team about approved backup power, battery runtime and what to do if a medical device stops.
- Write down instructions, model numbers and contacts. Keep copies with your equipment and in an accessible emergency bag.

Arrange a workable backup

- Identify a destination with the power and assistance you need. Confirm transport, accessibility and pet arrangements before an outage.
- Ask the utility how to report essential medical needs. Registration does not replace your backup plan or guarantee uninterrupted service.
- Keep charged power banks, a battery radio, lighting, warm layers, water and food that does not require powered preparation.

Set a relocation decision

- Choose a battery, temperature or care threshold that means it is time to leave. Agree who will check on you and how.
- Use official restoration updates, but allow for estimates to change. Conserve battery power while preserving essential communication and treatment.
- Follow equipment instructions. Do not improvise electrical connections or substitute a power supply not approved for your device.

Operate backup power safely

- Fuel-powered generators belong outside, more than 20 feet from windows, doors and vents. Keep working battery-backed carbon-monoxide alarms indoors.
- Never run a generator in a garage or connect it to a household outlet. Use a qualified electrician for any building connection.
- Review the plan afterward. Replace supplies, recharge approved batteries and record what worked or needs to change.

Sources & further guidance

[FDA - medical devices and natural disasters](https://www.fda.gov) | www.fda.gov

[CDC - emergency power sources](https://www.cdc.gov) | www.cdc.gov

[CDC - carbon-monoxide prevention](https://www.cdc.gov) | www.cdc.gov

[CPSC - portable generator hazards](https://www.cpsc.gov) | www.cpsc.gov