

5 STEPS TO PREPARE FOR ANY DISASTER



STEP 1. GET ALERTS

Set up tools on your phone to get emergency alerts and public safety warning messages where you live and work at [CalAlerts.org](https://www.calalerts.org)



STEP 2. MAKE A PLAN

Discuss how loved ones will get to safety and find each other.



STEP 3. PACK A GO BAG

Pack important documents ahead of time. Be ready to grab keys, wallet, phone/charger, medication, and personal items.



STEP 4. MAKE A STAY BOX

Pack supplies for at least 3 days at home with no water or power: food that won't spoil, water, plastic bags/bucket for toilet, flashlight, radio, and batteries.



STEP 5. HELP OTHERS

Be ready to help those in need.

RESOURCES

CalOES.ca.gov

State guides, alerts, and resources

ListosCalifornia.org

Disaster readiness, response, and recovery

PrepareForPowerDown.com

Sign up for utility updates and warnings

California Independent Living Centers - calsilc.ca.gov

Disability advice, planning, and resources

Medical Baseline Program

Support and alerts for customers who have special energy needs due to qualifying medical conditions

- Bear Valley's medical baseline program: tinyurl.com/bvesmbp
- Liberty Utilities (CalPeco Electric) medical baseline program: tinyurl.com/libertymbp
- PacifiCorp's medical baseline program: tinyurl.com/pacificorpmbp
- PG&E's medical baseline program: tinyurl.com/pgaeembp
- SCE's medical baseline program: tinyurl.com/scembp
- SDG&E's medical baseline program: tinyurl.com/sdgembp
- SoCalGas's medical baseline program: tinyurl.com/socalgasmbp

QUICK GUIDE TO SAFETY

Before, During, and After

POWER OUTAGES



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

BEFORE A POWER OUTAGE



Plan for batteries, portable chargers, and power banks to meet your needs when the power goes out.



Get flashlights or lanterns with extra batteries, and surge protectors for sensitive devices. Do not use candles or oil lanterns.



Keep phones and backup batteries fully charged. Have access to a battery-powered radio for news.



Have freezer packs, ice, and a cooler ready to keep medicine and food cold.



Update your contact information with your power company to be notified about possible shutoffs. Find their emergency numbers and write them down in case you need to call them.



If you have an electric garage door, find out where the manual release lever is located and learn how to operate it.



Know where your circuit breakers and fuse boxes are and how to check them.

IF YOU USE ELECTRIC MEDICAL AND ASSISTIVE DEVICES:

- Discuss a personal disaster plan with family and caregivers. If your needs cannot be met during a power outage, plan with caregivers for transportation to a location with power.
- Pack a Go Bag that includes emergency contact list, list of medicine you take, and information on your medical needs and devices.
- Sign up for your utility's outage alerts and services for people with disabilities, such as transportation.
- Contact your local fire department to learn whether they keep a list of people with special medical needs. If they do, ask them to add you to their list so they can better respond to you during emergencies.
- If you use a motorized wheelchair or scooter, have an extra battery. A car battery also can be used with a wheelchair but will not last as long as a wheelchair's deep-cycle battery.

DURING A POWER OUTAGE



Report downed power lines to 9 - 1 - 1 and your utility. Keep people and pets away. Don't drive over downed power lines. If one touches your car, stay away.



Turn off everything that was on before the outage. Leave one light on that you will see when power is back.



Unplug sensitive electronic equipment if you do not have surge protectors.



Do not use a gas stove or oven to heat your home. Don't use a grill inside for cooking food.



Go to a community location with power if heat or cold is extreme. In extended outages, call your local or county authorities to find shelter locations. Public shelters serve everyone and cannot ask for ID. Some shelters may better serve people with disabilities or pets.



Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary.



Use a generator outside only, at least 20 feet from doors and windows. Indoors, its poisonous exhaust can kill in minutes.

AFTER A POWER OUTAGE



When power returns, don't turn on any appliances or devices that got wet. Turn on appliances one at a time.



Don't taste food to see if it's safe. Throw away any food that has been at 40 degrees or higher for two hours or more, or that has a strange odor, color, or texture. When in doubt, throw it out!



Review your personal disaster plan and make changes based on your recent experience to prepare for future power outages.