

Home Emergency Preparedness Tips

Practical guidance for families and households

1. Build a Basic Emergency Supply Kit

- Water: 1 gallon per person per day
- Food: Non-perishable items like canned goods
- Flashlight and extra batteries
- Battery-powered or hand-crank radio
- First-aid kit and manual can opener
- Personal hygiene items (soap, wipes, hand sanitizer)
- Cash in small denominations
- Important documents in a waterproof container

Source: Ready.gov – www.ready.gov/kit

2. Plan for Power Outages

- Keep extra chargers and charged power banks
- Install solar or battery-powered lighting
- Keep your freezer full to help it keep cold longer
- Know how to manually open garage doors

Source: CDC – www.cdc.gov/natural-disasters/response/what-to-do-protect-yourself-during-a-power-outage

3. Create a Family Emergency Plan

- Discuss evacuation routes and meeting points
- Designate a central contact person outside your area
- Practice the plan at least twice a year
- Learn how to shut off gas, electricity and water

Source: Red Cross – www.redcross.org/get-help/how-to-prepare-for-emergencies

4. Don't Forget Pets

- Keep pet food, medications, leash and carrier in your kit
- Have copies of vaccination records and a photo of your pet

Source: Ready.gov – www.ready.gov/pets

5. Stay Informed

- Sign up for local alerts and weather warnings
- Have backup communication plans in case of no cell service
- Use a battery-powered NOAA Weather Radio

Source: NOAA – www.weather.gov/nwr



Emergency power planning for people who use electricity and battery dependent assistive technology and medical devices

Electricity and battery dependent devices include:

- Breathing machines (respirators, ventilators)
- Power wheelchairs and scooters
- Oxygen, suction or home dialysis equipment

Be Prepared for Extended Power Outages

Should you lose electrical power, do you know what you are going to do? Follow this checklist to prepare:

	I am going to relocate and stay with Family. Their phone # is:
	I am going to relocate and stay with Friends. Their phone # is:
	I am going to relocate and stay in a Hotel (where?)
	If going elsewhere, I am going to call a taxi, family or friends or arrange other transportation to get there. Their phone # is:
	I have a generator and can start it.
	I have a generator and will contact someone to start it. My contact person is:
	My electrical dependent equipment supplier will provide me backup options. The supplier is:

When power is restored, check to make sure the settings on your medical device have not changed (medical devices often reset to a default mode when power goes out).

LifeLight Program

LifeLight is designed for those who rely on electricity to operate medical equipment. It does not guarantee uninterrupted electric service or prioritize restoration, but it does prevent the unnecessary or accidental disconnection of electric service.

To learn more about Versant’s LifeLight program, go to www.versantpower.com/programs/lifelight-program or call us at **207.973.2000**