

# DON'T GET LEFT IN THE DARK! TIPS FOR SPECIAL NEEDS PEOPLE

During California's current energy crisis, PG&E is advising us to prepare for rolling blackouts that could last four hours or more.

## **If you, someone you care for, a relative, friend or neighbor depends on electrically powered medical equipment, make sure:**

- That PG&E has identified you as a "SENSITIVE" customer. "Sensitive" customers will receive phone notification in the event of a rolling blackout.
- To receive "SENSITIVE" customer status or confirm your status, contact PG&E Customer Service at 1-800-743-5000.

### **PERSONAL CARE NETWORK**

Set up a personal care network of individuals who will check with you in an emergency to ensure you are okay and give assistance if needed.

- Make plans NOW to have a friend neighbor or relative check on you.
- Exchange medical information and keys.

### **PERSONAL HEALTH CARD**

Keep a personal health card at home and carry one with you listing:

- Medications
- Allergies, sensitivities, etc.
- Medical providers
- Contact information

### **TELEPHONES**

If you have your phone plugged into an answering machine and the machine plugs into the wall, the phone won't work if the power goes out. To use your phone:

- Keep a spare phone to plug directly into the phone jack, or
- Unplug phone from the answering machine and plug the phone directly into phone jack.
- Cordless phones will not operate.

### **PREPARING FOR A BLACKOUT**

- If you have mobility problems, keep assistive devices and basic emergency supplies within reach. Portable oxygen tanks should be readily available.
- Have a flashlight with extra batteries.
- Keep some light sticks on hand.
- Purchase security lights – they turn on when the power goes off.
- CANDLES CAN BE HAZARDOUS.**
- Keep an extra blanket in reach.
- A whistle or hand-held alarm can let someone know you need help.
- A battery-operated radio can keep you informed about the blackout.
- If you depend on medical equipment that needs power to operate but can run on batteries, have extra batteries
- If you take medication that needs to be refrigerated, medicine may need to be placed in the freezer in the event of an outage of three hours or more.

**MAKE PLANS FOR ANIMALS AND PETS** if it gets hot. Animals suffer from high heat.

**MAKE A GO-KIT** (turn page over) that you can grab quickly and take with you if you need to go to another place.



## BEAT THE DARK AND THE HEAT!

### BEAT THE HEAT

- Stay out of the direct sun and heat
- Drink LOTS of water**
- Minimize physical exertion
- Sit with feet in cool water
- Use cool compresses on wrists and back of neck
- Heat stroke is life-threatening, call 911
- Avoid caffeine, sugar and alcohol
- Neither people nor pets should be left in parked vehicles
- If it is daytime, close all blinds, drapes, doors, and windows to keep the heat out. If it is cooler outside than in, open windows and doors.
- At night, if it cools off, open windows and doors to cool inside.
- Keep electric lights off or turned down.
- Use common sense.

### GO-KIT

Make a go-kit that you can grab quickly and take with you if you need to go to another place. Store the following supplies in a bag with handles such as a duffel bag:

- At least three bottles of water**
- Cap or hat
- Copy of current prescriptions
- Energy bar(s) food items
- Extra pair of tennis shoes
- Health Card (see other side)
- Medication for three days
- Pad and pencil
- Small battery operated radio
- Small first-aid kit
- Small flashlight
- Sweater or light jacket
- Whistle

### KEEP TUNED IN

Keep a portable radio with extra batteries or a solar-powered radio – tune into KCBS (740 AM) or KGO (810 AM).

### EMERGENCY PLAN

Renew your emergency plan and have the following within easy reach:

- Flash lights and/or light sticks
- Drinking water and food
- Cash
- Personal contact information

### PREPARE NOW

- Keep a few bottles of water in your freezer. If the power goes out, move the bottles to the refrigerator section. Keep the refrigerators doors SHUT.
- Keep **plenty** of bottled water available.
- Turn off all lights and appliances to prevent power surges when service is restored. Leave one light on to indicate when the electricity is back.
- Keep cell phone charged.
- See telephone note on other side.
- Purchase a small generator.
- Garage doors will not operate without power – plan for this.
- Learn what outage block you are in.
- Back up computer data regularly.
- Buy a battery pack for your computer.
- Keep your vehicle's gas tank ½ full – gas station pumps rely on electricity.

### BE A GOOD NEIGHBOR

- Check on neighbors, relatives and friends with special needs

**CONSERVE ● CONSERVE ● CONSERVE**

