



Prolonged blackout

What to do before, during and after a power outage that lasts hours or days. Print it and keep it with your kit.

Before (preparation)

- Keep a **flashlight** and a **battery or wind-up radio** in a fixed spot everyone in the home knows.
- Store **spare batteries** for each device and a charged **power bank**; top up your phone whenever you can.
- Keep **water** and some **food that needs no fridge** (canned goods, dried fruit, crackers) on hand.
- Keep a little **cash in small bills**: with no power, debit machines and ATMs may not work.
- Have **blankets or warm clothing** ready if an outage hits in winter, since the heating goes off.
- Find your **electrical panel** and learn how to reset a tripped breaker.

During the outage

1. **Check how far it reaches.** See whether it is only your home (a tripped breaker you can reset) or the whole street and block (check neighbours' windows and street lights).
2. **Keep the fridge and freezer closed.** Shut, a fridge holds for about **4 hours** and a full freezer up to **48 hours**. Every opening speeds up thawing.
3. **Use flashlights, not candles,** if there are children, pets or any chance of a gas leak. Candles are a fire risk.
4. **Unplug sensitive devices** (TV, computer, router) to avoid damage from the surge when power returns, and leave one lamp on so you know when it is back.
5. **Listen to the radio** on batteries or wind-up for official updates from Public Safety Canada and your utility.
6. **Never run a generator or barbecue indoors** or in the garage. They give off carbon monoxide, an odourless gas that can be deadly.

If it lasts (24 h or more)

- Check that **cold food is still safe**: discard anything that has been above 4 °C for more than two hours.
- Mind your **hydration and warmth**; gather the family in one room to keep the heat in.
- Check on vulnerable neighbours**: older adults living alone and anyone who relies on electric medical equipment. Call 911 if someone needs urgent help.
- Find out whether your municipality has opened a **charging point** or warming centre.

After

- Restock what you used** from the kit: batteries, water, food and the power bank charge.
- Note what you ran short of and what worked, to improve your kit before the next outage.
- Check that appliances and the router are working normally now that power is back.

Safety: never run a generator, barbecue or any fuel-burning device indoors, in a garage or in an enclosed space. They release carbon monoxide, an odourless and invisible gas that can cause serious or fatal poisoning.

Get ready for a blackout in your area

The planner sizes your kit by people and days.

planorefugio.com/planner