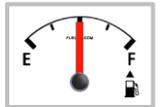


# CITY OF LONG BEACH

## WHAT YOU SHOULD DO BEFORE, DURING AND AFTER A POWER OUTAGE.

### Before a Power Outage

- Conserve energy, turn off and unplug unnecessary electrical equipment.
- Stay connected to news outlets, City of Long Beach social media sites and sign up to receive emergency alerts from AlertLongBeach.
- Assemble your emergency preparedness kit, including a flashlight, extra batteries, cash, and first aid supplies.
- Plan for alternative charging methods for your battery-operated or electrical dependent medical devices and personal electronic devices.
- Know where the manual release lever is for your electric garage door and how to operate it.
- Keep your car fuel tank level at ½ full or higher.



### During a Power Outage

- Use flashlights for lighting, avoid using candles as they can cause accidental fires.
- Keep refrigerator and freezer doors closed to preserve produce, meat and frozen foods.
- Consider going to cooling locations such as a movie theater or shopping mall. Cooling centers may be open in your community.
- Wear lightweight, light-colored clothing to reflect heat away so your body will absorb less heat.
- Stay hydrated. Drink fluids as necessary.
- If traffic lights are not functioning, treat intersections as a four-way stop sign.
- Call 911 only for life threatening emergencies or to report a crime.
- If possible, check on those who may be most at risk during a power outage:
  - Friends or neighbors with medical conditions that require electrical dependent equipment,
  - Friends or neighbors who are seniors or have disabilities, or have access and functional needs,
  - Families with small children or infants.



### After a Power Outage:

- Continue to conserve energy.
- Throw away food that has been exposed to temperatures higher than 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture.  
"When in doubt, throw it out!"
- Contact your doctor if you are concerned about medications having spoiled.
- Restock your emergency kit with fresh batteries, canned foods and other supplies.
- Let your family know you are safe.



Additional information on Disaster Preparedness can be found at the following department website:

<http://longbeach.gov/disasterpreparedness/>