

# Guide for Families June: Power Outage

## Lights Out!

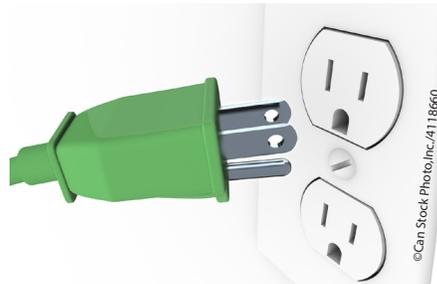
From the time we get up in the morning to the time when we flip off the lights at night, we rely on electricity. But when the power goes out, it's not only a nuisance; it can also be a life-threatening emergency. Power outages occur mainly in the summer months when residents depend on air conditioners and power usage is at its peak.

### Power Out? What Do I Do?

- Check to make sure a fuse has not blown or a circuit breaker has not been tripped. If not, call your power provider to report the outage.
- Unplug all appliances that may turn back on when the power is restored.
- Keep your refrigerator closed as much as possible. If the power is expected to be out two hours or less, don't be concerned about losing your perishable foods. If the power is expected to be out more than two hours, move perishable foods into the freezer section.
- Stay indoors. If you need to go outside, stay away from downed power lines.

### Emergency Eats

- Designate a section of your cupboard for foods that don't require cooking. Rotate your supply every six months.
- If you're trying to use up food during an extended power outage, keep food in the driest and coolest place in your house. Close containers tightly or wrap items in plastic bags.
- Keep disposable plates, silverware, cups, and napkins on hand as well, along with a manual can opener.



Let's all get ready and stay safe if the power goes out this summer!

# NYC

Department of Education  
Emergency Management

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## Quick activities to try at home:

- Make sure your Go Bag and Emergency Supply Kit are stocked and up-to-date. That way, you'll be prepared to leave the area if necessary or to shelter in place.
- Brainstorm a breakfast, lunch, and dinner that you can prepare without electricity. Test out the meals and make a note about what you like.
- Challenge your child to think about activities your family can do if the power is out. Then locate a deck of cards, break out a board game, and try something new!

## To Learn More:

NYC Emergency Management,  
[www.NYC.gov/emergencymanagement](http://www.NYC.gov/emergencymanagement)

NYC Emergency Management on Facebook,  
[www.facebook.com/NYCEmergencymanagement](http://www.facebook.com/NYCEmergencymanagement)

NYC Emergency Management on Twitter,  
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Notify NYC, Register for emergency notifications by visiting [NYC.gov/notifynyc](http://NYC.gov/notifynyc), calling 311, or following [@NotifyNYC](https://twitter.com/NotifyNYC) on Twitter

Con Edison, <http://www.coned.com/>

National Grid, <http://www.nationalgridus.com/>

PSEG Long Island, <http://www.psegliny.com/>