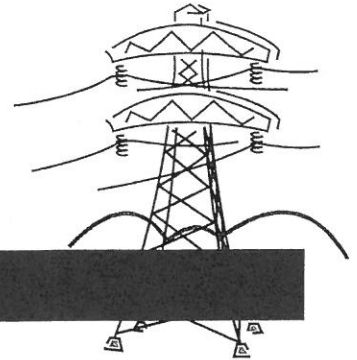


The Seniors Resource Centre of Newfoundland and Labrador suggests that everyone

Be Prepared

For Winter Power Outages

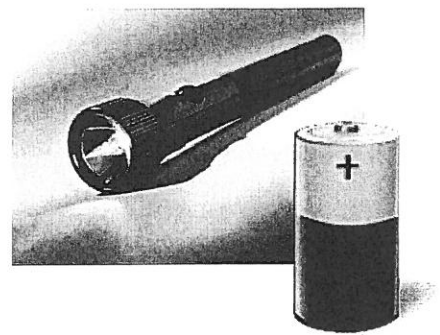


Light

- ✓ A working flashlight and spare batteries
- ✓ A rechargeable lantern (fully charged)
- ✓ A windup/crank combined flashlight and radio is very handy

DANGER

Candles, oil and gas lanterns can be hazardous



Heat

- ✓ Extra blankets, shawls, warm socks
- ✓ Supply of fuel on hand if you have a fireplace or a heater approved for indoor use

DANGER

Never use propane BBQs or camp stoves indoors

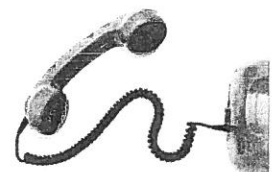
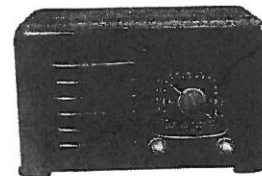
Food

- ✓ When there is a storm warning, fill a thermos full of hot water
- ✓ Always have emergency non-perishable rations on hand. Make sure you have crackers, instant hot drinks, snacks and canned foods, etc. if you have no way to heat food



Contact with the outside world

- ✓ A battery radio and spare batteries
- ✓ A windup/crank combined flashlight and radio
- ✓ A friend/relative to call or who will call you to make sure you are all right
- ✓ A fully charged cell phone



Preparedness Check List for Winter Power Outages

Do you have ...	yes	no	notes
... a working flashlight?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... spare batteries for your flashlight?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... a rechargeable flashlight or lantern?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... warm clothing, extra blankets etc. handy?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... fuel for your alternate heat source?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... a thermos to fill in case of storm warnings?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... emergency food rations?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... a battery operated radio?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... spare batteries for your radio?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... someone to call you to check that you are OK?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... a windup/crank combined flashlight and radio?	<input type="checkbox"/>	<input type="checkbox"/>	_____
... a fully charged cell phone?	<input type="checkbox"/>	<input type="checkbox"/>	_____

Prepare a list of 24 hour numbers for your local area:

Your **power company** may not know that your house is without power unless you let them know. Call to check: Newfoundland Power.....1-800-474-5711

OR Newfoundland and Labrador Hydro1-888-764-9376

- Local Council Office _____
 Fire _____ Police _____ Emergency _____

Listen to your radio for other numbers to call

Remember

- Candles, oil, and gas lanterns can be hazardous.
- Only heaters approved for indoor use should be used inside.
- Never use propane BBQ's or camp stoves indoor.

Compliments of the Seniors Resource Centre of Newfoundland & Labrador

For more information call: 737-2333 or 1-800-563-5599

or visit us at www.seniorsresource.ca