


ARE YOU PREPARED FOR DISASTERS?

Power outages are frequent during or after a severe weather event such as a snow, ice storm, hurricane, or severe heat. The following safety tips will help you to be prepared.

Prepare an emergency kit including:

- At least one week supply of needed medications
- Battery powered radio to be informed at all times
- A flashlight with batteries
- Extra batteries
- Matches
- Bottled water and nonperishable foods (foods that do not need to be refrigerated or cooked)
- Manual Can Opener
- First-Aid kit
- Communication plan with designated meeting place (2 plans and plans should be practiced)

	IMPORTANT TELEPHONE NUMBERS	
	Emergency	911
	Duke Energy	1-800-769-3766
	or	
	Name: _____	Phone _____
	For additional health and human services information, call 211 or on a cell phone call 1-888-UW211NC (1-888-892-1162)	

Remember to have your own phone number and address when you call these emergency numbers. Post these by the telephone or stick to the back of a cell phone.

If you are at home and your area is under a weather alert for severe storms, turn off or unplug any sensitive electronic equipment such as TVs, electrical appliances, and computers.

If you are experiencing a power outage....

Verify if you are the only one in your neighborhood without power. If you don't have power, call your electric company to report the outage. Unplug/turn off electric items while the power is out. Leave one light on so you'll know when power is restored. Never burn candles due to the risk of fire and possible carbon monoxide poisoning. Use flashlights.

If you are outside....

Stay away from any downed lines including power, telephone, or cable. Do not touch any object that is in contact with downed power lines. Never drive your car over power lines as electrocution may occur.

For more information on emergency preparedness, please visit <http://www.ces.ncsu.edu/disaster/> or www.readnc.org

