



MEDICAL NEEDS

Those with medical needs may have concerns in preparing for electrical blackouts, especially if they are dependent on home dialysis, breathing machines or other life support devices. Others suggestions to consider:

- ◆ Make sure the main battery on equipment is fully charged each day.
- ◆ Establish a network of family and friends who will periodically check in during blackouts and/or hot weather.
- ◆ Work with the doctor or case manager and caregivers to develop a tailored plan to address needs during power outages and hot weather.
- ◆ Most refrigerated medicines will be fine for up to 3 hours if kept in a closed refrigerator during power outages.
- ◆ Have several days supply of medicine and durable medical goods on hand.
- ◆ Keep a list of emergency contact numbers and all prescriptions near the telephone.

Questions or Concerns?

- ◆ County Public Health Nurse: 875-5881
- ◆ In-Home Supportive Services: 874-9471
- ◆ Adult Protective Services: 874-9377
- ◆ Public Guardian/Conservator: 875-4467

For more information, click on these web sites:

Sac County	www.sacounty.net
SMUD	www.smud.org
PG&E	www.pge.com
Cal ISO	www.caiso.com

Board of Supervisors:
 Roger Dickinson, District 1
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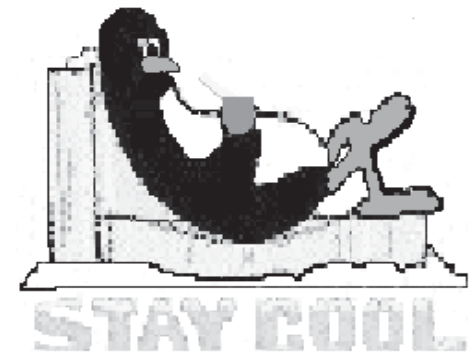


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Distribution Compliments of the
 IHSS Public Authority
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Hot Summer? Being Prepared for Heat and Electrical Outages



Tips for helping seniors
 and those with disabilities
 in Sacramento County.

TIPS FOR STAYING COOL



- ⚠ Put a cool wet towel around your neck.
- ⚠ Take a cool bath or shower.
- ⚠ Close all drapes and blinds.
- ⚠ Drink 8 glasses of water or iced tea per day.
- ⚠ Don't wait until you get thirsty!
- ⚠ Use a fan or air conditioning if available. Buy a battery operated hand-held fan for electrical outages.
- ⚠ Seek a shady area outside.
- ⚠ Go to a mall or movie.
- ⚠ Don't eat heavy meals.
- ⚠ Avoid alcohol!



BE PREPARED

- ☑ Have a flashlight, or two, easily accessible.
- ☑ Keep a battery operated radio tuned to KFBK 1530 AM for emergency broadcasts.
- ☑ Ensure your batteries are charged, and have extras on hand.
- ☑ Have a cord-type telephone on hand. The phone lines will work during blackouts, but cordless phones won't. Cell phones will also work during a blackout.
- ☑ Freeze plastic bottles filled with water. Then during a blackout use them in the refrigerator to keep items cold, or use the melting ice for drinking water.
- ☑ Keep bottled drinking water on hand. Allow 1 gallon per person, per day.
- ☑ Minimize use of water during blackouts - as most water is pumped through electrical pumps to customers.
- ☑ During a power outage, turn off all appliances, computers and lights.
- ☑ Have an emergency battery-powered light that automatically goes on when the power fails. These can be found at any local hardware store.



AVOID HAZARDS!

- Don't use candles during a blackout—they are a fire hazard.
- Never use a barbecue or propane heater indoors—this will cause carbon monoxide poisoning and is deadly!