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## EMERGENCY LIGHTING, WARM CLOTHING and BLANKETS

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*You can soften the effect of a power outage due to an emergency by preparing ahead. Most families will need alternate lighting and ways to keep warm. Some families may also need to consider medical equipment that requires power or medications that need to be kept cool.*

### **Lighting**

Light provides safety, convenience and comfort. Emergency sources may be:

- ✓ **Flashlights or head lamps:** Provide directional rather than broad area lighting. Most flashlights now use LED "bulbs" which last much longer than incandescent bulbs. They also use less power. Light output is measured in lumens. Lower lumens provide less light but require less power. Your flashlights should provide enough lumens to be functional for your needs. Most flashlights need batteries. A quality solar power flashlight requires no batteries and costs about \$25. Less expensive solar flashlights and flashlights that charge by shaking usually don't provide enough light. Crank-powered flashlights work for about 20 minutes after one minute of cranking.
- ✓ **Oil lamps:** Provide broad light in a room. Most burn lamp oil (K-Mart, Walmart or a drugstore). Fire is a risk from the flame. Lamp oil is extremely toxic – keep away from children.
- ✓ **Battery powered lanterns:** Provide broad light in a room. No danger from open flame. Batteries are required for most, but solar models are also available.
- ✓ **Light sticks:** These cost little and store easily but they are a one use item. Breaking the glass encased in the plastic stick mixes chemicals which provides 8-12 hours of soft light.
- ✓ **Solar garden lights:** This may be kind of awkward, but if brought inside they can provide light then be recharge at the window or outside the next day.
- **Batteries: In an emergency batteries are scarce.** Store extras. Alkaline batteries are less expensive, but lithium batteries last longer. *Batteries do expire*; most now have an expiration date showing how long they remain fresh if unused.

### **Warmth**

We live in a moderate climate, but imagine being outside 24/7 in January. While we may be in our homes during a disaster after a couple of days of no power the inside will be as cold (or colder during the day) as the outside. In the winter that may mean an indoor temperature in the 40's – 50's.

- ✓ **Sleeping bags:** Would augment the bedding that is usually sufficient in our heated homes. They would also be useful if evacuating to a shelter were necessary. Extra blankets could substitute.
- ✓ **Clothing:** Wearing layers of clothing is an effective way to stay warm. Stocking caps – the greatest percentage of body heat is lost through the head – stocking caps can be worn during sleep and keep ears warm during the day. Gloves – the protective/work type, but also gloves for warmth. Consider a pair of thermal underwear for each family member.

**PLEASE NOTE: Do not use propane or charcoal stoves when cooking indoors or to heat the inside of your home. These give off carbon monoxide which can build up and cause sickness or even death.**