

WHAT TO DO IN A WINTER POWER OUTAGE?

Ice storms and heavy snowfalls can cause winter power outages. The following recommendations can reduce the risks to your health and safety.



Evacuation

In certain situations, the risks may be so great that authorities may ask you to evacuate your home.

- Follow the instructions given by the police or firefighters.



Cold

Having to stay in a cold environment puts you at risk of hypothermia.

- Keep dry and warm; move around; have hot beverages and food.
- Seek medical help promptly if you have uncontrollable shivering, slurred speech, fatigue, or confusion.
- Pay attention to young children, the elderly, and people with impaired independence.

Sometimes, it won't be possible to safely keep your home warm enough.

- In such cases, stay with relatives or go to a shelter for catastrophe victims.



Poisoning

Space heaters, cooking appliances, and barbecues designed for outside use; camping equipment; and generators can cause severe and life-threatening carbon monoxide poisoning.

- Never use such devices indoors.
- Install carbon monoxide detectors.
- Should symptoms occur (e.g., headache, dizziness, fatigue, nausea) OR if a detector goes off :
 - Leave the premises and dial 911.
 - Do not go back in without fire-department authorization or an expert's opinion.



Medication

Not taking your usual medications can aggravate your health or cause complications.

- Have adequate supplies of medication for people who need to take medication on a regular basis.
- If the medications weren't stored at the proper temperature, ask a pharmacist if they can still be taken. If not, obtain replacements.



Food

Perishable items that haven't been kept refrigerated can cause food poisoning.

- In the case of power outages lasting more than 6 hours, refer to the Ministère de l'Agriculture, des Pêcheries et de l'Alimentation for information about what to keep and what to throw out.

If you have any concerns or questions about your health or that of your loved ones related to power outages or the cold, call Info-Santé at 811.