



**EMERGENCY
PLAN**

**PERSONAL
SAFETY
PLAN**



MAKE A PLAN AND STAY SAFE DURING POWER OUTAGES



**Build a list of emergency contacts
and support network**



Register for alerts and notifications



**Identify support organizations and local
emergency departments**



**Gather important health and
medical information**



**Consider a backup power source for medical
equipment and assistive technology**



Make your own emergency kit

SAFETY PLAN FOR:

NAME	HOME PHONE / CELL PHONE
.....
ADDRESS	
.....	

During disasters, such as power outages, it is important to build a support team that will help you during emergencies. Often, first responders in an emergency are your neighbors, friends and family members. Stay connected, in case you're without your mobile phone or computer, or the battery runs down.

Emergency Contacts



CONTACT NAME	EMAIL
.....
ADDRESS	
.....	
CELL PHONE	HOME PHONE
.....
CONTACT NAME	EMAIL
.....
ADDRESS	
.....	
CELL PHONE	HOME PHONE
.....
CONTACT NAME	EMAIL
.....
ADDRESS	
.....	
CELL PHONE	HOME PHONE
.....

Out of Town Contact

CONTACT NAME
.....
.....
ADDRESS
.....
.....
CELL PHONE
.....
HOME PHONE
.....
EMAIL
.....
.....

ALERTS AND LOCAL ORGANIZATIONS

Signing up for alerts to receive notification from State and local alert systems during disasters is vital in preparedness. Your electricity company can also provide alerts during power outages to help you stay prepared.

It is also important to have phone numbers to your local emergency departments and local organizations, who may offer support and help in case of an emergency.

Local Departments

FIRE DEPARTMENT	
.....	
PHONE NUMBER	WEBSITE
.....
POLICE/SHERIFF DEPARTMENT	
.....	
PHONE NUMBER	WEBSITE
.....
PUBLIC TRANSIT AGENCY	
MTS San Diego	
.....	
PHONE NUMBER	WEBSITE
(619) 557-4555	sdmts.com
TTY: (619) 234-5005
COUNTY EMERGENCY ALERTS	
WEBSITE	
AlertSanDiego.org	
.....	
LOCAL RADIO STATION	
KOGO AM 600	
.....	
ELECTRICITY COMPANY	
San Diego Gas & Electric	
.....	
PHONE NUMBER	WEBSITE
1 (800) 411-7343	sdge.com/notifications



Emergency Alerts

- I have registered for County Alerts
- I have registered for Power Outage Alerts sdge.com/notifications

Local Organization

ORGANIZATION
2-1-1 San Diego
.....
.....
PHONE NUMBER
2-1-1 or toll free (858) 300-1211
.....
WEBSITE
211SanDiego.org
.....
ORGANIZATION
.....
.....
PHONE NUMBER
.....
WEBSITE
.....

HEALTH AND MEDICAL INFORMATION

It is important to know your medical needs. Talk to your medical provider about a power outage plan to best prepare you and your family, and how to create an emergency supply of medicines. Find out how long medication can be stored at higher temperatures and get specific guidance for any medications that are critical for life.

AGENCY/PRIMARY CAREGIVER

AGENCY NAME

PHONE

CAREGIVER NAME

PHONE

PRIMARY PHYSICIAN

NAME

PHONE

PHARMACY

NAME

PHONE

EVACUATION/TRANSPORTATION SUPPORT

NAME

PHONE

Allergies and Sensitive Reactions

.....

.....

.....

.....

.....

.....

.....

Dietary Restrictions

.....

.....

.....

.....

.....

.....

.....

- I take my own medication
- Someone gives medication to me



Medication	Dosage	Frequency	How taken?	Refrigerated?

If medications get mixed up, call the Poison Hotline at 1-800-222-1222 for help identifying them.

MEDICAL DEVICES AND ASSISTIVE TECHNOLOGY

Medical Devices/Assistive Technology

Serial Number / Model Number

.....
.....

.....
.....

Supplier Information

Phone Number

.....
.....

.....
.....

- My medical device(s) or assistive technology require electricity to operate
- I have a backup electricity source, such as a generator or portable battery
- I, or someone I know, am able to operate my back up electricity source
- I am deaf or hard of hearing
- I am blind or have low vision
- I have a service animal

I need help with:

.....
.....
.....

To help calm me during an emergency:

.....
.....



GO-BAG CHECKLIST



Items you may need in case of you need to leave your home
These are suggested items. Please determine what meets your needs

Personal Items:

- Extra clothing
- Cash in small bills
- Cell phone/charger
- Bottled water
- Snacks
- Comfort items
- Copy of safety plan

Medical:

- Prescription medication
- Medical supplies
- Extra eyeglasses and case
- Hearing aid batteries
- Mask

Children:

- Infant formula and diapers
- Books, games, or other children activities

Pets:

- Food and treats for animal
- Play toys
- Extra leash
- Vaccination records
- Picture of pet

Toiletries:

- Travel size shampoo/conditioner
- Soap
- Deodorant
- Toothbrush/Toothpaste
- Feminine hygiene products

Other essentials:

- Bedding/blanket
- Hand sanitizer
- First aid kit
- Flashlight
- Extra batteries
- Waste disposal bags

Copies of Important Documents:

- Birth certificate
- Photo ID
- Health insurance card
- Home/car insurance
- Guardianship papers
- Proof of address
- Bank account numbers

STAY AT HOME CHECKLIST

Items you may need in case of you need to stay in your home

These are suggested items. Please determine what meets your needs

Essentials:

- Water supply (for 3 days)
- Water for sanitation
- Nonperishable food (for 3 days)
 - Bread
 - Peanut Butter
 - Jelly (plastic, not glass jar)
 - Canned Tuna/chicken
 - Cereal
 - Powder/plant based milk
 - Juice boxes
 - Fruit: Oranges, apples, bananas
 - Granola/cereal bars
 - Crackers and Nuts
 - Baby food and infant formula
- Manual can opener
- Battery operated radio
- Battery operated flashlight/lantern
- Extra batteries
- Whistle
- Cooler and cold packs
- Cellphones/portable chargers

Medical:

- Prescription Medication
- Medical supplies
- Hearing aid batteries
- Power source for medical devices that require electricity

Toiletries:

- Shampoo/conditioner
- Soap
- Deodorant
- Toothbrush/Toothpaste
- Toilet paper
- First aid kit

.....

.....

.....

.....

STAY SAFE DURING A POWER OUTAGE

Consider how you may be affected in a power outage

BEFORE A POWER OUTAGE



- Develop a support network who can assist and check on you during an emergency.
- Enroll in local and state emergency alerts, as well as power outage notifications.
- Keep a list of local emergency departments and local support organizations.
- Keep a list of medical conditions and medications.
- Plan for a backup power supply for essential medical equipment.
- Make sure backup power and generators are ready to safely operate.
- Keep a flashlight and keep fully charged cell phones and back up chargers.
- Plan how you will evacuate if your residence uses elevators.
- Practice opening garage doors manually.
- Consider your service or support animal or pets and plan for food, water and supplies.
- Make your own ice ahead of time. Freeze containers of water to keep food cold while power is off.

DURING A POWER OUTAGE



- Keep freezers and refrigerators closed. When power is off, food can be kept cold for up to four hours in refrigerators and up to 48 hours in freezers.
- Use coolers with ice if necessary.
- Use food supplies that do not require refrigeration.
- Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows.
- Do not use a gas stovetop or oven to heat your home.
- Go to a community location with power if heat or cold is extreme.
- Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary “surges” or “spikes” that can cause damage.

AFTER A POWER OUTAGE



- Check food supplies for signs of spoilage. Throw away any food that has been exposed to temperatures 40 degrees or higher for two hours or more, or that has an unusual odor or color. When in doubt, throw it out! Go through your emergency kit and add replacements for any items used. Give the electrical system a chance to stabilize before reconnecting tools and appliances.
- If you are a Cal fresh Recipient and your food has spoiled, call Access [\(866\) 262-9881](tel:8662629881)

48 HOURS BEFORE A POWER OUTAGE

- **Review the Safety Plan:** Review current medication details and doctor contact information (phone, email, fax).
- **Check for Updates:** Visit the Community Resource Centers link listed below for the latest information and additional resources or contact 2-1-1 for further assistance.
 - Community Resource Center's <https://www.sdge.com/wildfire-safety/community-resource-centers>
 - Sign up or download the SDGE Alerts App for notifications <https://www.sdge.com/notifications>
 - SDG&E outage map <https://www.sdge.com/residential/customer-service/outage-center/outage-map>
- Let emergency contacts know that you may need their assistance/you will be experiencing an outage
- Call transportation services to schedule a ride or call 2-1-1
- Fill gas tank
- Have your go bag ready and by the door
- Charge all devices, back up batteries (keep charged at all times before the event)
- Think of other locations to stay (Family/Friend/Shelter/Hotel) in town/out of town
- Snacks/Water: Go to local food pantries/grocery store
- Have an ice chest for certain food/medication
- Confirm where pets will evacuate

ADDITIONAL NOTES

Transportation Plan

.....

Shelter Plan:

.....

Plan for Pets/Livestock:

.....

Other:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....