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| Power Outage Plan: Staying safe when the power goes out |  |

Power outages can happen suddenly, disrupting daily life. It’s important to have a plan to stay safe and informed. This Plan covers six key areas:

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| **People** | **Essentials** | **Communication** | **Light** | **Comfort** | **Surroundings** |

**How to complete this Plan:**

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| 1. Each of the 6 areas has a goal and steps to follow.
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| 1. Read the steps, fill out your actions in the ‘My Plan’ section, and check them off when done.
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**Once you’ve completed this Plan:**

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| 1. Save it and email to those who can help.
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| 1. If you’ve printed it, keep it in a safe place, make copies or take photos of it and share it with others who can help.
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**My Plan**

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| **Household address:**       |
| **Household members** (including pets!)**:**       |
| **Plan Owner/s name:**       |
| **Plan Owner/s phone:**       | **Plan Owner/s email:**       |

**My Emergency Contact List**

Call **000** for Police, Fire Services and Ambulance

Call **132 500** for State Emergency Service (SES) assistance in floods and storms

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| **Doctor** | **Name:**       | **Phone:**       | **Email:**       |
| **Emergency Vet** | **Name:**       | **Phone:**       | **Email:**       |
| **Insurance home** | **Name:**       | **Phone:**       | **Email:**       |
| **Insurance vehicle** | **Name:**       | **Phone:**       | **Email:**       |
| **Other:**       | **Name:**       | **Phone:**       | **Email:**       |
| **Other:**       | **Name:**       | **Phone:**       | **Email:**       |
| **Other:**       | **Name:**       | **Phone:**       | **Email:**       |

# 1. People

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| **The Goal:** Keep your household and community safe and informed during a power outage.  |  |

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| What You Can Do | My Plan | Done (tick) |
| **Power outage information:** Know your energy provider’s contact details and sign up for updates. **TIP!** Visit the website [poweroutageplan.com. au/#more-information](https://lifesupport.poweroutageplan.com.au/) to find your energy provider. | **My energy provider is:**      **Phone:**      **Web:** **I have signed up for updates / news**: Yes [ ]  **or** No [ ]  | [ ]  |
| **Plan owner:** Select one or more people to oversee the Power Outage Plan. | **The person or people in charge of the Plan:**      | [ ]  |
| **Talk about it:** Go over the Plan with your household and assign roles. **TIP!** Include your pets. | **When the power goes out, our household has agreed to:** | [ ]  |
| **Check on people:** List people (at home and the neighbourhood) who may need help and keep their contact details. | **1. Name:** **How to contact with no power:** **Help they need:**  | [ ]  |
| **2. Name:** **How to contact with no power:** **Help they need:**  |  |
|  | **3. Name:** **How to contact with no power:****Help they need:** |  |
|  | **4. Name:****How to contact with no power:****Help they need:** |  |
| **Live alone:** If you live alone, list people who will check on you. | **1. Name:****How to contact me with no power:****2. Name:****How to contact me with no power:** | [ ]  |

# 2. Essentials

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| **The Goal:** Have access to food, water, education, and energy sources during an outage. |  |

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| **What You Can Do** | **My Plan** | **Done (tick)** |
| **Food & water:** Store 3 to 7 days' worth of food and drinking water for everyone, including pets.**TIP!** Consider storing more food for dietary needs.**TIP!** Get a generator if water/sewage relies on power. | **I will access drinking water by:****I will access water for washing, hygiene, & cooking by:****I have at least 3 to 7 days’ supply of:** * **Non-perishable food:**  Yes [ ]  **or** No [ ]
* **Pet food (if needed):** Yes [ ]  **or** No [ ]

**If I’m reliant on electric water/ sewage pumps, do I have a generator?** Yes [ ]  **or** No [ ]  | [ ]  |
| **Cooking:** Have a backup cooking method (e.g. camp stove or BBQ).**TIP!** Have enough gas.**TIP!** Have a safe way to heat baby formula. | **I will heat food or drinks by:** | [ ]  |
| **Preserve food:** Use Eskys with ice packs for long outages.**TIP!** Keep fridge/freezer doors closed.**TIP!** Learn more at [www.health.vic.gov.au/food-safety/food-safety-during-power-outages](https://www.health.vic.gov.au/food-safety/food-safety-during-power-outages) | **I will preserve food in my fridge and freezer by:** | [ ]  |
| **Health:** Keep a First-aid Kit and 3 to 7 days’ worth of medications (including pets!).Create a **Life Support Power Outage Plan** if you use medical equipment at home, learn more at this website [lifesupport.poweroutage.com.au](https://lifesupport.poweroutageplan.com.au/)**TIP!** Add your doctor’s contacts to your emergency contact list (see [page 1](#_Power_Outage_Plan:)). | **I have at least 3 to 7 days’ supply of:** * **Prescription medications:** Yes [ ]  **or** No [ ]

**TIP!** Check the label for storage, keep medications cool if they need to be refrigerated* **First-aid Kit:** Yes [ ]  **or** No [ ]
* **Other potential medications e.g. Paracetamol or antihistamine:** Yes [ ]  **or** No [ ]
* **Toilet paper:** Yes [ ]  **or** No [ ]
* **Hand sanitizer:** Yes [ ]  **or** No [ ]
* **Sanitary products:** Yes [ ]  **or** No [ ]
* **Other (list anything else important to your health e.g. disinfectant):** Yes [ ]  **or** No [ ]
* **Pet medications (if needed):** Yes [ ]  **or** No [ ]
 | [ ]  |
| **Vehicles:** Before bad weather, fuel your vehicle or charge your electric car.**TIP!** Have a backup transport option. | **I have enough petrol / charge in my vehicle/s:** Yes [ ]  **or** No [ ] **If I need alternative transport, I will:** | [ ]  |

# 3. Communication

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| **The Goal:** Communicate with family, friends, and emergency contacts during a power outage. |  |

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| What You Can Do | My Plan | Done (tick) |
| **Back-up power:** Keep a charger or power bank for your phone.**TIP!** Charge devices before bad weather. | **I will charge my phone by:** | [ ]  |
| **Battery-powered radio:** Stay updated with a radio if phone or internet fails.**TIP!** Find your local frequency at [www.reception.abc.net.au](https://reception.abc.net.au/) and write it down. | **I have a battery-powered radio or a hand-crank radio:** Yes [ ]  **or** No [ ]  | [ ]  |
| **Household communication:** Plan how to stay in touch and what do do during a power outage.**TIP!** Consider when people are away at school, work etc.**TIP!** If your NBN or phone can’t work, think about emergency contact options. | **Name:****I agree to:** | [ ]  |
| **Name:****I agree to:** |
| **Name:****I agree to:** |
| **Name:****I agree to:** |
| **Community communication:** Share contacts and check on each other during a power outage.**TIP!** Join local support groups.**TIP!** Share your Plan with people who can help. | **I will contact this person/group in my local area****Name:****How to contact them without power:****If the internet or phone goes down, I can be contacted by:****I have shared this with:** | [ ]  |
| **Out-of-area communication:** Choose an out-of-area contact person and inform your household. | **If the internet or phone goes down, the go-to person outside my local area who can be contacted in case of emergency is:** **Name:****How I will contact them:****How family / loved ones can contact them:****How they will contact my household:** | [ ]  |

# 4. Light

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| **The Goal:** Have access to light to keep you safe when the power goes out. |  |

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| **What You Can Do** | **My Plan** | **Done (tick)** |
| **Torches and lanterns:** Keep lights in easy-to-find spots.**TIP!** Candles can be a fire risk | **I have lights I can use:** Yes [ ]  **or** No [ ]  | [ ]  |
| **Keep lights going:** Use LED lanterns and spare batteries for lights, flashlights, and devices. | **I have LED battery-powered light sources:** Yes [ ]  **or** No [ ] **I have extra batteries:** Yes [ ]  **or** No [ ]  | [ ]  |
| **Back up lights:** Place backup lights in easy-to-access spots. | **I have backup lights in these areas at home****Bedrooms:** Yes [ ]  **or** No [ ] **Living Room:** Yes [ ]  **or** No [ ] **Kitchen:** Yes [ ]  **or** No [ ] **Other (e.g. bathroom, shed, fuse box):** Yes [ ]  **or** No [ ]  | [ ]  |

# 5. Comfort

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| **The Goal:** Household is calm and comfortable dealing with heat or cold during a power outage. |  |

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| What You Can Do | My Plan | Done (tick) |
| **Temperature:** Stay warm or cool during the outage, depending on the season.**TIP!** Cool Centres with aircon and water will open during heatwaves. Visit your local council’s website for details. | **To stay warm:** * Layer clothing
* Use blankets or sleeping bags
* Close curtains
* Seal drafts/gaps with towels or fabric
* Use hot water bottles
* Stay in one room and conserve heat
* Move around to boost warmth
* Wear a hat and keep my head covered
 | **To stay cool:** * Wear light clothes
* Use battery-powered / USB-charged / hand-held fans
* Close curtains and block out the sun
* Drink plenty of water
* Use a cold compress to pulse points
* Stay in the coolest area of the home
* Use ice packs
* Avoid physical activities
* Take cool showers
 | [ ]  |
| **Coping strategies:** Consider ways to stay calm in stressful situations.**TIP!** Consider children & pets.  | **To stay calm:** * Listen to relaxing music
* Read a book, magazine
* Play board games with others
* Write down ideas and information
* Practise deep breathing, sitting quietly
* Get together with neighbours

**If safe, get outdoors:** go to the beach/pool/river, a park, a ride/jog/walk.**For children;** games, colouring, storytelling.**Mental Health Support:** Contact Beyond Blue at **1300 224 636** for free, confidential support. | [ ]  |

# 6. Surroundings

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| **The Goal:** Maintain safety and functionality of your home during a power outage. |  |

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| What You Can Do | My Plan | Done (tick) |
| **Manual overrides:** Know how to open/close doors and gates without power. | **I know how to manually operate****My garage door by:****My electric gate by:****Other (include space       ) by:** | [ ]  |
| **Turn off appliances:** Switch off at the power point and use surge protection.**TIP!** Consider backup power for key appliances. | **I will switch off appliances:** Yes [ ]  **or** No [ ] **I have surge protection:** Yes [ ]  **or** No [ ] **For important appliances I have backup power:** Yes [ ]  **or** No [ ] **TIP!** Name these appliances: | [ ]  |
| **Safe walkways:** Keep paths clear for safe movement in low light. | **I have cleared walkways inside:** Yes [ ]  **or** No [ ] **I have cleared walkways outside:** Yes [ ]  **or** No [ ]  | [ ]  |
| **Safety precautions:** Secure loose items and outdoor structures.**TIP!** Do not go near damaged power lines or substations. | **To keep our home safer, our household has agreed to:****TIP!** You can add specific jobs / responsibilities for each person): | [ ]  |
| **Evacuation:** Prepare your steps and essential items in case you need to evacuate.**TIP!** Store documents in a waterproof container. | **If I need to evacuate, I will go to:****To get there I will:****I have essential items packed in case I need to evacuate** (including a First-Aid Kit, ID, medical documents, cash, torch)Yes [ ]  **or** No [ ] **The last time I reviewed these was:****The last time I (and the household) practiced this was:** | [ ]  |
| **Your Plan:** Keep a copy of your Plan and contacts with a torch nearby. | **I keep a copy of my Plan and emergency contacts with a torch, here:** | [ ]  |