

Prepare with Pedro!

Power Outages



No Power? No Problem!

Help Pedro and his friend Ramona prepare for a power outage! Look at the pictures below. How can Ramona's household be prepared if the power goes out? Circle the important part of each picture. Complete each safety message with a word from the word bank.

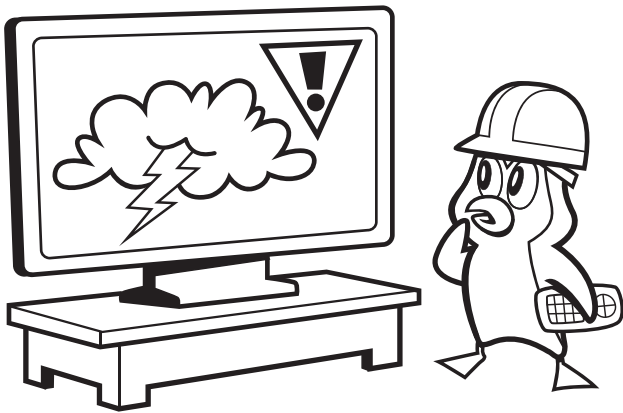
WORD BANK

appliances

food

weather

flashlights



Check the _____.



Gather _____ and batteries.



Turn off and unplug major _____.



Have _____ ready.

A MESSAGE TO GROWN-UPS: Be prepared for power outages! As a household, make sure you have enough flashlights and batteries to use as light sources if the power goes out. Do not use candles—candles can start a fire. Also consider buying inexpensive coolers and extra ice to keep food cold if the power is out for a prolonged period of time.



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Part 1: Help Pedro and his friend Ramona prepare for a power outage! Look at the pictures below. How can Ramona's household be ready if the power goes out? Circle the important part of each picture. Complete each safety message with a word from the word bank.

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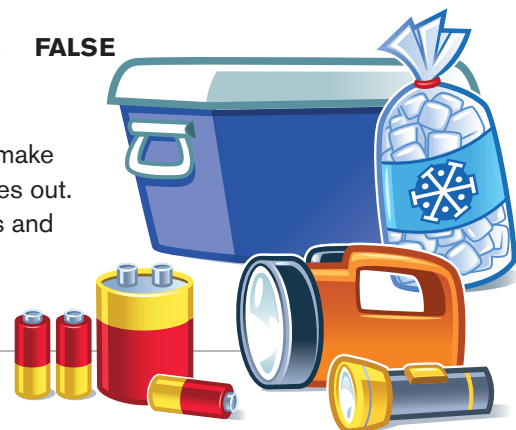


Have _____ ready.

Part 2: True or False? Circle the correct answer.

- Buy lots of candles so you will have light if the power goes out. **TRUE FALSE**
- Keep phones and tablets charged so you can use them during a power outage. **TRUE FALSE**
- Bring a camping stove inside to cook during a power outage. **TRUE FALSE**

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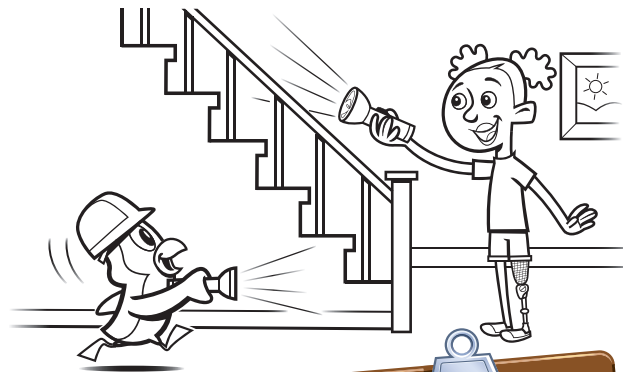
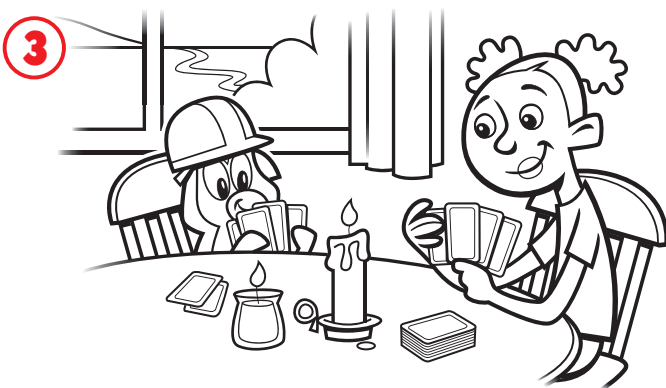
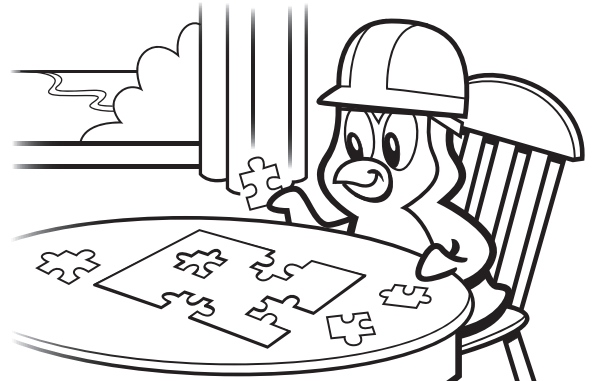
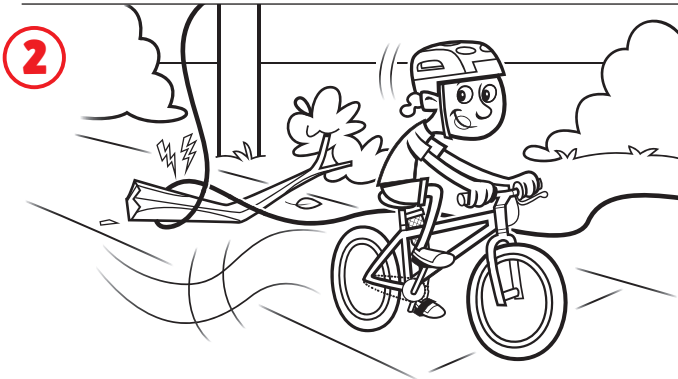
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When the Power Is Out

The power has gone out at Ramona's home! Luckily, she and her household are prepared. Help Pedro and Ramona stay safe (and even have some fun!) until the power comes back on. Look at each pair of pictures. Circle the picture that shows the safe thing to do during a power outage.



A MESSAGE TO GROWN-UPS: Your child has been learning how to stay safe during a power outage. Together, make a list of activities that don't require electricity and can entertain your household during a power outage or any "no-device" day.



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Power Outages



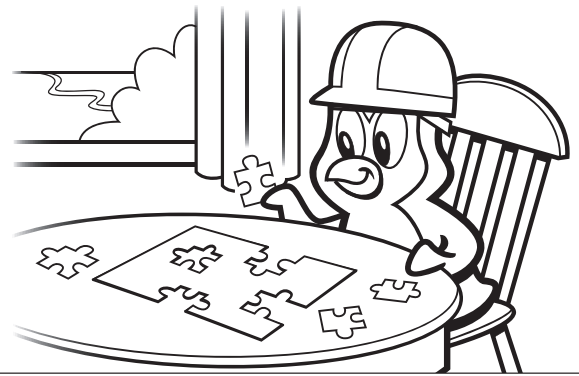
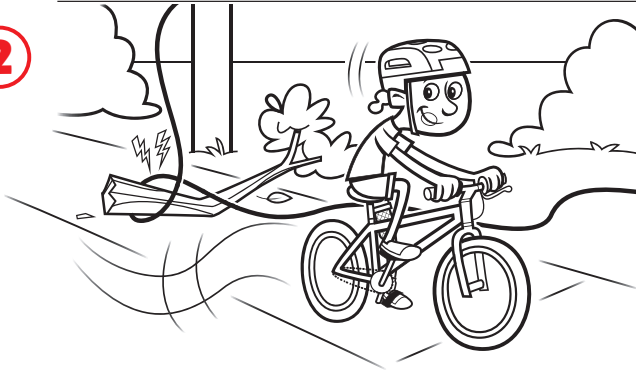
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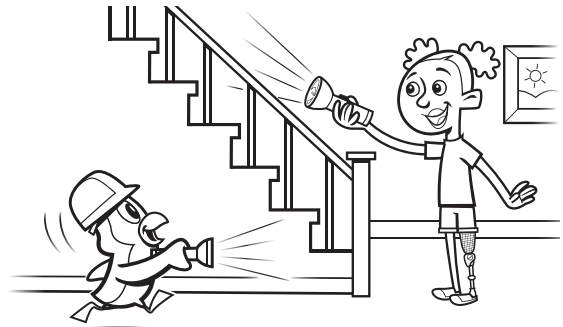
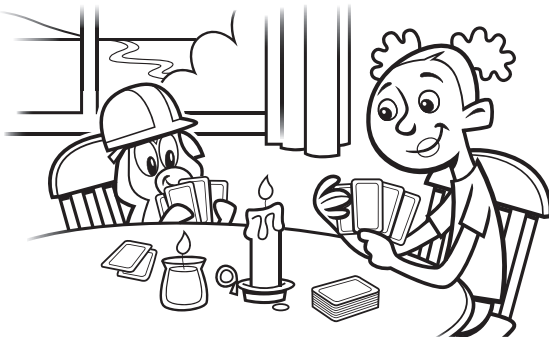
1



2



3



Part 2: What can Pedro and Ramona do for fun during a power outage? Help them think of activities that do not use electricity. Unscramble each word below and write it on the lines.

L P E S Z Z U

K B O S O

S M G E A

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A Message to Grown-ups

Your child has been learning about power outages, including how to prepare for and navigate power outages when they happen. Ask your child to share what they've learned about power outages.

Review the guidelines below together with your child and then develop a plan to help keep all members of your household—including pets—as safe and comfortable as possible during a power outage. On a separate piece of paper or poster board, create a “Prepare for Power Outages” plan. List supplies your household needs to have on hand, safety tips and emergency phone numbers. For younger children, write the messages you brainstorm. Encourage your child to add illustrations. Reassure your child that if you do lose power, you will put the plan into action so that they don't feel it is their job.

Be Prepared!

- Consider downloading a weather app from **NOAA.gov** (the National Oceanic and Atmospheric Association), sign up for severe weather alerts, and check the forecast in your area.
- Stock up on flashlights and batteries to use for light during an outage. Do not use candles. Candles are dangerous because they can start fires.
- Have plenty of water and non-perishable foods on hand. In a prolonged outage, refrigerated and frozen foods can spoil, so consider having inexpensive coolers and extra ice on hand to keep food cold.
- Gather activities and games to play.

Stay “Electricity Safe”

- During a power outage, turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- Turn off or disconnect any appliances you were using when the power went out, like the refrigerator or washer/dryer. When the electricity comes back on, power surges or spikes can damage equipment.
- If electrical power lines are down, don't touch them. Keep your pets away too. Report downed lines to your utility company.
- Go to a community location with power if heat or cold is extreme.

Be Aware of Food Safety

- Keep the refrigerator and freezer doors closed as much as possible during a power outage. If it looks like the outage will last for more than two hours, prepare a cooler with ice for your cold items.

- Throw away any food (particularly meat, poultry, fish, eggs and leftovers) that has been exposed to temperatures higher than 40° F for 2 hours or more, or that has an unusual odor, color or texture. When in doubt, throw it out!
- Children should talk with a grown-up about a food item before eating it, especially if it is supposed to be kept cold. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria that cause food-borne illnesses can start growing quickly.
- According to the CDC, “when the power is out for a day or more, throw away any medication that should be refrigerated, unless the drug's label says otherwise. If a life depends on the refrigerated drug, but the medications have been at room temperature, use them only until a new supply is available. Replace all refrigerated drugs as soon as possible.”*

Learn More!

For more information, check out [redcross.org/prepare](https://www.redcross.org/prepare).

* Centers for Disease Control and Prevention: Power Outages: [cdc.gov/disasters/poweroutage/needtoknow.html](https://www.cdc.gov/disasters/poweroutage/needtoknow.html)

