



Power outage emergency plan

Use of oxygen or device for more than 12 h/day

BE PREPARED FOR A POWER OUTAGE

- ✓ I have a flashlight handy. (NEVER USE A CANDLE.)
- ✓ I have a spare oxygen cylinder good for at least 12 hours, and/or the batteries in my device are fully charged and accessible at all times.
- ✓ My generator (where applicable) is working, and I check it at least once a year (preferably in the fall).
- ✓ I have a power outage emergency plan in place with my family and friends (people who can help me and take me in, in the event of a power outage).

MY POWER OUTAGE EMERGENCY PLAN

Step 1:	☐ Connect my emergency cylinder and turn off my oxygen concentrator. ☐ Check the battery on my device and replace it if necessary.
Step 2:	Check the Hydro-Québec Info-Panne service to find out how long the outage will last in my area: 1-800-790-2424 or pannes.hydroquebec.com .
Step 3:	If Hydro-Québec does not expect to restore power within the next 12 hours: ☐ Connect my concentrator or device to the generator (where applicable). ☐ Go stay with a friend or family member who has power. If I can't go to a friend's or family member's house: ☐ Call my oxygen supplier to order enough cylinders to last for the expected duration of the power outage. (The supplier's number is written on the concentrator.)

If none the options in my plan work out, and I need help relocating

Monday to Friday from 8 a.m. to 4 p.m.	Call my respiratory therapist. – CLSC de Châteauguay: 450-699-3333 – CLSC de Saint-Rémi: 450-454-4671 – CLSC de Kateri: 450-659-7661 – CLSC de Huntingdon: 450-829-2321 – CLSC de Valleyfield: 450-371-0143 – CLSC et Centre de services ambulatoires de Vaudreuil-Dorion: 450-455-6171
Monday to Friday from 4 p.m. to 7 p.m.	Call 24/7 (1-800-361-7073) if I'm worried about running out of oxygen or battery power before 7 p.m., or if my health deteriorates.
Monday to Friday after 7 p.m., weekends and holidays	Call the security desk at Hôpital Anna-Laberge at 1-450-699-2425, ext. 2488.

In case of emergency, call 911.

If I'm offered temporary housing, I need to bring:

- ✓ My medication;
- ✓ My oxygen concentrator and other required equipment;
- ✓ My bedding and personal items (blanket, pillow, soap, razor, toothbrush, etc.).

