

SURVIVING THE STORM

The high-speed winds associated with hurricanes are notorious for destruction of buildings and causing widespread power outages. To protect yourself and loved ones, it have a plan in place in case your electricity is out for a long period of time.

Prepare for the Worst

Even when a minor storm blows through your town and temporarily knocks out power, it may take hours or days to be restored. Keep in mind that others in your area may not have been so lucky; utility companies will typically send most of their team to areas with catastrophic damage.

Before the event, take these tips from the United States Food and Drug Administration to protect your supplies while power is being restored:

Freeze water: Create an ample ice supply in sanitized containers. Ice cubes can be used to cool the food in your fridge or cooler and, as they begin to melt, can be used as clean drinking water.

Freeze food: If you have items in your fridge you won't need immediately, they will last much longer during a power outage if you freeze them pre-storm.

Turn down the fridge: Before a hurricane, set your freezer thermostat to or below 0 degrees and your fridge to 40 degrees or less. If your appliances are equipped with thermometers, you can use the displayed temperatures as a guide to determine how safe food is.



The best way to get through a power outage is to avoid it altogether. Investing in a home generator can save you a lot of time and stress during emergency outages, as it can keep your heat and light running when you really need it.

While Power is Out

Hopefully, you took the time to build a suitable hurricane-preparedness kit which makes dealing with a power shortage much easier. If you are heading into the event without emergency supplies, you must take certain measures to ensure the food available remains safe.

These include:

- Keeping the refrigerator and freezer doors closed as much as possible to maintain safe temperatures.
 - Buying dry or block ice from a store that is open to the public. The FDA states 50 pounds should keep an 18-cubic-foot freezer cold for two days.
- Keep in mind you may find it difficult to find ice in your community. Once power is restored, check your appliance temperatures and food for sign of spoilage before consuming.



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