

# POWER OUTAGES CAN LEAD TO SERIOUS PROBLEMS

*Especially for people who depend on dialysis machines, apnea monitors, respirators or other medical equipment that requires electricity*



- » If you need oxygen tanks, keep extras on hand.
- » Be sure to keep backup batteries fully charged.
- » Tell your utility provider that you use electric-powered medical equipment. They can help you sign up as a life-sustaining equipment customer. They can also let you know if power problems are expected in your area.

There are many different electric providers in Virginia. Here are a few of the most common:

- » **Dominion Energy**  
1-800-366-4357
- » **Appalachian Power Company**  
1-800-956-4237
- » **Rappahannock Electric Cooperative**  
1-800-552-3904
- » **Northern Virginia Electric Cooperative**  
1-888-335-0500

*Power outages can affect anyone. It's important to be prepared.*

- » Create an emergency plan and contact list.
- » Keep copies of important documents and cash in a waterproof bag.
- » Prepare a first aid kit.
- » Have a written record of your medications and a seven-day supply.
- » Stock up on flashlights, extra batteries, bottled water and non-perishable food.
- » Charge all communications devices and have a battery-operated radio.
- » Follow VDEM, VDOT, Virginia State Police, and your local communities on social media.

