

Power Outage and Managing Health Conditions at Home:

Planned or unplanned power outages are a reality of modern life.

Prepare for unexpected interruptions by visiting the Sonoma County website www.socoemergency.org or PG&E's website www.prepareforpowerdown.com for information, ideas, and tips.

CPAP/BIPAP use for sleep apnea*

For CPAP and BIPAP users, a power outage may impact your ability to use CPAP or BIPAP to treat your sleep apnea.

What are some options to consider in the event of a power outage?

- Remember that regular usage of CPAP/BIPAP has carry over benefits for a night or 2, by increasing muscle tone in your mouth and throat. Your sleep apnea may not be as severe on a single night without CPAP/BIPAP as it was before you started treatment
- There are a few things you can do to reduce your sleep apnea severity if you find yourself without CPAP/BIPAP:
 - o Sleep on your side or stomach, but NOT on your back
 - o Sleep semi-upright (e.g., in a recliner)
 - o Do not drink alcohol
 - o Do not smoke tobacco or marijuana
 - o Do not use narcotic pain medicines or other sedatives
- An alternative to CPAP/BIPAP that may be useful for a few nights is Provent. Please review the Provent website for more info: www.proventtherapy.com
 - o If you would like to obtain a supply of Provent, it does require a prescription, that can be placed by any physician. Please contact your Primary care provider if a prescription is needed, and you do not already have a relationship with a sleep specialist.
 - o Unfortunately, Provent is not covered by your Health insurance and would therefore be an out of pocket expense.

Back up power options in event of a power outage include:

- A generator.
- A rechargeable CPAP battery. Available options can be found online, e.g. from CPAP.com.

Unfortunately, these items are not covered by your Health insurance and would therefore be an out of pocket expense

* If you use CPAP, BIPAP or an oxygen concentrator for chronic respiratory failure, and not just CPAP/BIPAP for sleep apnea, planning for power outages by obtaining a generator may be necessary. Please discuss with your Primary care provider or Pulmonologist if you have questions about this.

Refrigerated Medications

Medications that require refrigerator should be kept cold in a power outage.

In the event of a power outage:

- As soon as possible remove the refrigerated medications from the refrigerator.
- Place medications into an ice chest or small cooler packed with ice, cooling bricks or cold packs.
- Avoid freezing the medication by making sure it does not directly touch the ice.

A closed refrigerator will maintain a cool temperature for 2-3 hours.

Hydrate and Relocate

Keep hydrated. If you are unable to manage without power, seek shelter at a community cooling station.

Sonoma County Emergency provides these tips if your power is out:

1. Check to see which of your information sources are working (NOAA Radio, Internet news sites, alert and warning apps).
2. SoCoAlerts will send messages if evacuations are ordered. If you are in a high-risk wildfire area, stay alert – warning devices may not work without power.
3. Use your cell phone sparingly to preserve power. Text when possible, in lieu of voice calls. Keep family up to date about how you are doing.
4. Keep hydrated and seek out cooling centers if needed.
5. Try to keep your refrigerator doors closed. Use the most perishable items first. Items which fully thaw (above 40 degrees) must be used within 4 hours or thrown out.
6. If you have a generator, be sure to follow safety instructions and use only as needed to save fuel. Always allow the generator to cool completely before refueling.
7. If you have relatives or friends in other areas that still have power, take this opportunity to visit them.
8. Check on your neighbors and help each other stay safe.