Your power blackout action plan

It's a good idea to have a plan of what you should do in an emergency, such as a power blackout. The most important thing to remember is not to panic. Although losing power will be annoying, most oxygen users (including those on oxygen for 18 hours a day or more) can cope without their oxygen supply for many hours if they rest.

Things you can do now to prepare

- Register for priority service with your phone and electricity provider, to ensure your services are one of the first to be reinstated when there is a power or phone outage.
- Consider purchasing a telephone that is not reliant on mains power or ensure your mobile phone is charged at all times, so you can call the electricity supplier to get an idea of how long the power failure is likely to continue.
- Prepare a power failure kit and store it somewhere really easy to reach and remember. Include a torch and a battery operated radio.
- If you have a power generator at home, contact your oxygen supplier for instructions and advice on how to use it in conjunction with your concentrator.
- If you have been provided a large back-up cylinder always make sure that it is full and that you review with the supplier how to use it in case of emergency.

Your action plan

Work with your healthcare team to develop an action plan that is right for you. Make sure your primary carer is aware of this plan. A typical action plan may include these points:

- Try to remain calm.
- If you are starting to feel breathless, use any breathing control techniques which you have found to be helpful in the past.
- Use a torch for lighting (not matches or candles).
- If applicable, find your reserve supply of oxygen and get it ready for use.
- Telephone the electricity supplier to see how long the power failure will last.
- Limit your physical activity.
- Listen to a battery powered radio for updates.
- If you have major concerns for your health, call an ambulance or go to your nearest hospital to receive oxygen.
- The emergency contact number for my electricity supplier is _____
- The contact number of my closest friend / neighbour / relative is _____

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- If a telephone is unavailable, my emergency plan is to _____

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- Add any extra notes here

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