The power just went out

If anyone is hurt or in danger, call 911.

1. **Keep the fridge and freezer closed.** A closed fridge keeps food safe for up to 4 hours. A full freezer holds about 48 hours (24 if half full).[1]
2. **Use flashlights, not candles.**[2]
3. **Generators, camp stoves, and grills go outdoors only**, at least 20 feet from windows. Never heat your home with a gas stove or oven.[3]
4. **Unplug appliances and electronics.** Power can come back with surges that cause damage.[3]
5. **Medical devices or medicine that needs the fridge?** Follow the plan you made with your provider. If it is too hot or cold at home, go to a community location with power.[3]
6. **Stay at least 35 feet from fallen power lines** and call 911.[2]
7. **CO alarm or headache, dizziness, nausea?** Get outside to fresh air right away, then call 911.[4]

Don't: run a generator in the house or garage, even with doors open.[4] Don't taste food to test it: if it is 40°F or warmer, throw it out.[2]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. USDA Food Safety and Inspection Service: Keep Your Food Safe During Emergencies
2. American Red Cross: Power Outage Safety

3. FEMA / Ready.gov: Power Outages
4. U.S. Consumer Product Safety Commission: Carbon Monoxide Information Center

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