

# Health & Wellness Tip of the Week

## Week 31 July 31, 2017

### July is all about Emergency Planning

It is the perfect time to remind everyone about the importance of planning ahead to protect your families from natural disasters or emergency situations at home.



### In Case The Power Goes Out

- ⚡ Practice energy conservation to help your power company avoid rolling blackouts.
- ⚡ Always keep your car's fuel tank at least half full—gas stations use electricity to operate pumps.
- ⚡ Know how to manually release your electric garage door.
- ⚡ Protect your computer with a surge protector.
- ⚡ If the power goes out, check your fuse box or circuit breaker, or contact neighbors to see if the outage is limited to your own home.
- ⚡ Turn off computers, stereos, televisions and appliances you were using when the power went off. Leave one light turned on so you know when power is restored.
- ⚡ Avoid opening the refrigerator and freezer doors. Food will remain fresh for up to four hours after the power goes off. If you know power outages may happen, freeze water in plastic bottles to keep food cool longer.
- ⚡ If the outage is expected to last for several days or more, consider relocating to a shelter or a friend's home.

*Sources: Positive Promotions*

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