



FOOD AND MEDICATIONS SAFETY DURING OUTAGES

Some medications, such as **insulin** and **certain liquid antibiotics**, require refrigeration to maintain their effectiveness. Following an extended power outage:

-  **Discard and replace medications if possible.**
-  **If the medication is essential for sustaining life (e.g., insulin), it may be used until a new supply is available. However, be aware that its effectiveness may be reduced.**

Because these medications lose potency without proper refrigeration, **they should be replaced as soon as possible**. For example, insulin that has not been refrigerated may have a shorter effective period than indicated by its labeled expiration date.

IMPORTANT NUMBERS TO REMEMBER

-  Keep appliance thermometers in your refrigerator and freezer and keep the doors closed as much as possible. Maintain temperature inside refrigerator at **40°F or below** and freezer at **0°F or below**.
-  Food and medications can maintain temperature in a **refrigerator for 4 hours**, in a **full freezer for 48hrs**, and in a **half-full freezer for 24 hours**.

PREPARE BEFORE THE EMERGENCY HAPPENS

- Freeze containers of water and gel packs to **help keep food cold**
- Have a **cooler and frozen gel packs** ready
- Buy dry ice or block ice if you think **the power will be out for a long time**

See Information Regarding Insulin Storage for more details:

www.fda.gov/drugs/emergency-preparedness-drugs/information-regarding-insulin-storage-and-switching-between-products-emergency
www.cdc.gov

For more safety recommendations, visit:

<https://www.cdc.gov/natural-disasters/response/what-to-do-protect-yourself-during-a-power-outage.html>
www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency