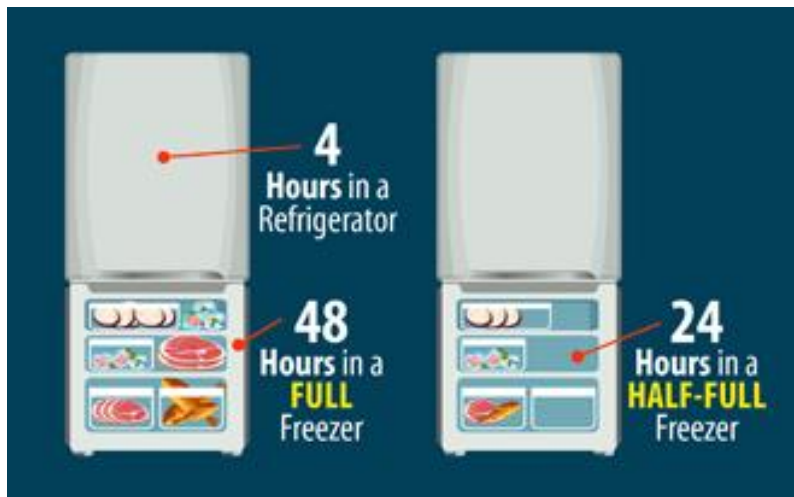# FOOD AND MEDICATIONS SAFETY DURING OUTAGES

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.
See Information Regarding Insulin Storage for more details. www.fda.gov/drugs/emergency-preparedness-drugs/information-regarding-insulin-storage-and-switching-between-products-emergency

For additional guidance, consult your pharmacist, healthcare provider, or the medication manufacturer. More information is also available at www.cdc.gov.

KEEP APPLIANCE THERMOMETERS IN YOUR REFRIGERATOR AND FREEZER AND MAINTAIN THE DOORS CLOSED AS MUCH AS POSSIBLE

DURING AN EMERGENCY	BEFORE AN EMERGENCY	DURING A POWER OUTAGE
• Keep the refrigerator at **40°F** or below • Keep the freezer at **0°F** or below • Use appliance thermometers to **track temperature**	• 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**	• Keep refrigerator and freezer **doors closed as much as possible to keep food cold.**

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