



February 2016

Safety Tips in Winter Power Outages



The return of winter snow and ice means it's time to prepare for winter power outages. Here are some tips to help you stay safe:

Have an emergency kit

Include a flashlight, extra batteries, candles, matches, bottled water and non-perishable foods

Have a contingency plan

Ask a family member or friend if you can stay with them if your power is out for a long period of time. It doesn't take long for your home to cool off and become too cold to remain home.

Notify EMS LifeLink of a power outage

Call the EMS LifeLink dispatch center at **1-800-872-1111** and tell us if you plan to remain at home or leave for the duration of the outage. When the power is restored make sure to test your equipment and let the dispatcher know that you are home and the power has been restored.

Keep your contact information updated

It is very important that your EMS LifeLink profile contain your accurate contact information including your cell phone number.

When power goes out in your home, your LifeLink equipment starts operating on the backup battery. If the power is off for a prolonged amount of time, the equipment will send a signal notifying our dispatch center that the battery is getting low. When this happens we will contact you to identify if the low battery is due to a power outage. If we cannot contact you we will notify your emergency contact to check on you.

**Update your contact information by calling
our customer service number
734-477-6453 - Option 1**

Healthy Recipe Corner

An easy and healthy recipe, so tasty you'll forget it's chock full of fruits and veggies!

Pear Slaw

Ingredients:

- 4 cups cabbage, thinly shredded
- 1 carrot, shredded
- 3 green onions, sliced thin
- 1 firm pear, cut into thinly sliced matchsticks

Dressing

- 1/4 c olive oil
- 2 teaspoons Dijon mustard
- 1 TBS honey
- juice of 1 lime
- 2 tablespoons minced cilantro
- 1/4 dried cranberries

Preparation:

1. Mix cabbage, carrot, green onions and pear in a bowl
2. Whisk together dressing ingredients and toss with coleslaw

Source: Amy Medling



Do you have a healthy recipe you'd like featured in our next newsletter? Send it to our email address or mailing address below!

Would you like to contact us?

Nicole Karbacz – LifeLink Program Coordinator

- 734-477-6453 – Option 1
- lifelink@emergenthealth.org
- 1200 State Circle – Ann Arbor, MI 48108

Are you on Facebook?

You can follow our EMS LifeLink Facebook page!

Search for, “EMS LifeLink” and make sure to “Like” our page!



Find us on:
facebook®

