



An Extended Guide · No. 1725

Keeping Refrigerated Medications Cold

Insulin and more,
safe through an outage

Tech Made Simple — Service Made Personal

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! Read this first — this is not medical advice

This guide is about keeping the power on — it is not medical advice, and it is not a substitute for a plan made with the people who know your health. Make your backup-power plan together with your doctor and your equipment supplier, and follow their guidance on your specific device, its settings, and how much backup you need. Register ahead of time on your electric utility's medical or priority-restoration list. And please never rely on a backup battery alone for life-sustaining equipment: a battery buys you time, it does not replace care. If the power is out and anyone's health is at risk — trouble breathing, chest pain, confusion, or bluish lips — call 911, or get to a hospital or shelter that has power. For medicines that must stay cold, your pharmacist is the one who knows the safe temperature range and what to do after an outage — please ask them, and never guess.

Let's keep your cold medicines safe through an outage

If a medicine in your refrigerator has to stay cold — insulin, or one of many others — a power outage brings a very particular worry. This guide is here to turn that worry into a calm, simple plan.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. Let me say this plainly right at the start: I'm a tech helper, not a doctor or a pharmacist. I can help you keep your refrigerator running and set up a backup, but whether a medicine is still good, and how cold it needs to be, is always your pharmacist's call — never mine.

The good news is that keeping medicine cold in an outage is very doable, and the most powerful step of all costs nothing. We'll go slowly, one idea at a time, and you can call me whenever you'd like a hand.

★ There's no rush and no silly questions

Keeping a loved one's medicine safe is exactly the kind of thing I'm glad to help with — calmly and at your pace. Call or text me at (330) 200-8042 whenever you're ready.

The whole guide, on one page

If you remember only these things, you already have the shape of a solid plan.

- ❑ Ask your pharmacist two things: how cold your medicine must stay, and what to do after an outage.
- ❑ The biggest free win is simple — keep the refrigerator door shut, and it holds its cold for a good while.
- ❑ Keep a backup ready: an indoor-safe battery power station can run your fridge with no fumes.
- ❑ A cooler with ice packs is a fine fallback — but don't let a medicine freeze if it shouldn't (ask your pharmacist).
- ❑ A fridge thermometer lets you see the temperature at a glance.
- ❑ After the outage, don't guess whether a medicine is still good — call your pharmacist.
- ❑ Register on your utility's medical or priority list, and tell your pharmacy you rely on refrigerated medicine.

✓ One idea to hold onto

You don't need anything fancy to start. A closed door and your pharmacist's phone number will carry you a long way.

Which medicines need to stay cold

Plenty of common medicines live in the refrigerator — and your pharmacist knows exactly which of yours do.

Some medicines lose their strength if they get too warm, so they're kept cold. Insulin is the one most families think of, but there are many others — certain injectable medicines, some eye drops, a number of liquid antibiotics, and more. You don't need to memorize a list. What matters is knowing which of your own medicines need refrigerating.

- Check the label and the box — refrigerated medicines usually say to keep them cold.
- Ask your pharmacist to point out which of your medicines must stay refrigerated.
- Note whether any must simply stay cool rather than cold, or must never freeze.
- Keep that little list where a helper could find it, with the rest of your plan.

★ Your pharmacist knows your medicines best

Every medicine is a little different. When you pick up a prescription, it's worth asking, 'Does this one need to stay cold?' — they're always glad to tell you.

Ask your pharmacist what your medicine needs

This is the heart of the whole plan, and it's a short, friendly conversation.

Before an outage ever comes, ask your pharmacist two simple questions about each medicine that needs cold: what temperature range it should stay in, and what they'd want you to do if the power went out for a while. Write down what they tell you. Those answers are the foundation everything else rests on — and they're the pharmacist's to give, not mine.

- Ask the safe temperature range for each refrigerated medicine you take.
- Ask what to do if the power is out for a few hours, and for a longer stretch.
- Ask whether the medicine must never be allowed to freeze.
- Ask how you'd tell whether it's still good, and when to replace it.

✓ Write the answers down

Keep your pharmacist's answers on the same page as your power plan. In a worried moment, it's a real comfort to read it instead of trying to remember it.

The biggest free win: keep the door closed

Before you buy a single thing, know that your refrigerator is already on your side.

A closed refrigerator holds its cold for a good while after the power goes out — often a few hours if you simply leave the door shut. A full freezer holds its cold even longer. Every time you open the door, though, cold air spills out and warm air rushes in, so the single most helpful habit in an outage is the simplest one: keep the door closed.

- Decide before an outage what you truly need from the fridge, so you open it as little as possible.
- If you must open it, do it quickly and close it right away.
- A full fridge and freezer hold cold longer than empty ones — jugs of water help fill the space.
- Keep the freezer closed too; it can help keep the fridge side cool.

✓ Cold is like money in the bank

Think of the cold inside as savings. Keeping the door shut is simply not spending it — so it lasts through the outage, or until your backup takes over.

Powering the refrigerator with a battery power station

When an outage stretches past what a closed door can cover, a battery power station can keep the fridge running.

A battery power station is a big rechargeable battery in a box, with regular wall outlets on the front. You keep it charged, and when the power goes out you plug the refrigerator into it. Because it burns no fuel, it makes no fumes and no carbon monoxide — so it's safe to run right there in the kitchen, unlike a gas generator.

One thing to know: a refrigerator has a motor, and motors take a big gulp of power for a second when they kick on — a surge that's much larger than what the fridge uses the rest of the time. That surge is the main thing that decides whether a given power station can run your fridge, so the size matters. I won't guess numbers here; our sizing guide walks through matching a station to your refrigerator, and I'm glad to help you get it right.

✓ Why a battery is the indoor-safe choice

A battery power station makes no fumes and no carbon monoxide, so unlike a fuel generator it is safe to run indoors — right on the nightstand next to a CPAP, or beside a chair next to a concentrator. It is also quiet enough to sleep next to and gives clean, steady power that sensitive equipment is happy with. The same goes for your refrigerator — a power station can run it right there in the kitchen, with no fumes at all. A gas generator, by contrast, belongs outdoors only, well away from the house, because its exhaust is deadly indoors.

★ Let's size it together

Getting the size right is where I can really help. Call me at (330) 200-8042 and we'll look at your fridge and pick a station that starts it comfortably, with room to spare.

A small medication refrigerator, just for medicine

Some families like the peace of mind of a small fridge dedicated to medicine alone.

A compact medication refrigerator holds just your cold medicines, nothing else. Because it's small and rarely opened, it's easy to keep on a battery power station for a long time, and there's no temptation to open it for a snack. For a household that leans heavily on refrigerated medicine, it can be a tidy, reassuring option.

- A small fridge draws less power than the big kitchen one, so a station can run it longer.
- Keeping medicine separate means the door stays shut except when you truly need it.
- Ask your pharmacist whether a dedicated fridge suits your particular medicines.
- Keep a thermometer inside it, just as you would the kitchen fridge.

✓ Small, simple, and easy to back up

A little fridge and a power station make a calm pair — less to power, less to worry about, and easy to keep going through a long outage.

Two kinds of homes, two sets of needs

Where you live shapes how long you need to plan for — and how easily you could refill or replace a medicine if you had to.

If you live in town or the suburbs

In town or a close-in suburb, a pharmacy and a hospital are usually a short drive, and outages tend to run shorter.

- A shorter outage may be covered by a closed door and a power station alone.
- If a medicine is affected, a nearby pharmacy can often refill or replace it quickly.
- Ask your pharmacy whether they keep a spare of your refrigerated medicine on hand.
- Crews often reach in-town homes sooner — welcome, but never a reason to skip a backup.

If you are out in the country on a well

Out in the country, that same drive is longer, outages often run longer, and a private well means no running water when the power's out — so lean harder on keeping your own supply cold.

- Plan for a longer stretch before you could reach a pharmacy to replace a medicine.
- Ask your pharmacist about keeping a little extra of your refrigerated medicine on hand.
- A power station — and a way to recharge it — earns its keep when the nearest help is far.
- Keep drinking water stored too, so a well outage doesn't add to the worry.

★ Let's talk through your situation

Every household is different. Tell me about your medicines, your home, and how far you are from a pharmacy, and I'll help you think through the power side calmly. Call (330) 200-8042.

A cooler and ice packs as a fallback

A simple cooler can bridge a gap, as long as you're careful about one thing.

If the power's out and you don't have a station running yet, a cooler with ice packs can hold medicine cold for a while — the same idea as keeping the refrigerator shut. It's a handy, low-cost fallback to have on the shelf. There's one important catch: many medicines must not freeze, and ice packs can get cold enough to freeze what's touching them.

- Ask your pharmacist first whether your medicine can go in a cooler, and whether it must never freeze.
- Keep the medicine from touching the ice packs directly — a cloth or a container in between helps.
- Open the cooler as little as you open the fridge — every peek lets cold out.
- A thermometer in the cooler helps you keep an eye on things.

! Don't let a medicine freeze if it shouldn't

Freezing can ruin some medicines just as surely as heat. Before you use a cooler and ice packs, ask your pharmacist whether your medicine can be chilled that way — and never guess.

Travel coolers for medicine on the move

If you ever had to leave home, a travel cooler keeps medicine cold on the way.

There are small travel coolers made for medicine that run on their own built-in battery, or plug into a car. They're meant for trips — and an evacuation is really just a trip you didn't plan. If leaving home is part of your thinking, one of these can keep a cold medicine safe from your door to wherever you're headed.

- Keep it charged, the same as any other battery, so it's ready to grab and go.
- Learn how it works on a calm day, not while you're rushing out the door.
- Pack it with the rest of your go-bag, so everything travels together.
- Ask your pharmacist how to carry your particular medicine safely while traveling.

★ Part of your go-bag

Our go-bag guide covers packing to leave in a hurry. A charged travel cooler for your cold medicine belongs right in it — call me at (330) 200-8042 if you'd like help setting one up.

A thermometer tells you what's really going on

You can't judge cold by opening the door and feeling around — a thermometer takes out the guesswork.

A simple refrigerator thermometer sits inside and shows you the temperature at a glance, and one with an outside readout lets you check without opening the door. In an outage, that little number tells you how your fridge is holding up and whether it's time to switch to your backup. It's an inexpensive thing that turns a worry into a fact.

- Put a thermometer in the kitchen fridge, and one in any medication fridge or cooler.
- Note the normal reading now, so an unusual one stands out later.
- Ask your pharmacist what reading should prompt a call to them.
- A model that remembers the highest temperature reached is especially handy.

✓ A number beats a guess

When the power's out, a thermometer lets you see what's happening instead of wondering. That calm, plain information is worth a great deal.

After the outage: don't guess — call your pharmacist

When the power comes back, one question matters most, and it isn't yours or mine to answer.

Once the lights are back on, it's tempting to look at a medicine and decide for yourself whether it's still good. Please don't. Whether a medicine is still safe to use after it's been warm — or too cold — depends on the medicine, how long, and how warm, and only your pharmacist can weigh that. Call them, tell them what happened, and follow what they say.

- Write down roughly how long the power was out and what the thermometer showed.
- Call your pharmacist with those details and ask what to do.
- Follow their guidance on whether to keep using it or replace it.
- If you're ever unsure in the meantime, call them — don't guess.

! Never guess whether a medicine is still good

This is the most important page in the guide. After an outage, do not decide on your own whether a refrigerated medicine is still safe. Call your pharmacist, and when in doubt, keep calling until you have their answer.

Sharing one power station among your needs

Because the fridge holds its cold, one battery station can look after more than the fridge alone.

Here's a comforting trick: since a closed refrigerator keeps its cold for a good stretch, you don't have to leave it plugged into the power station every single minute. You can run the fridge for a while to freshen its cold, then unplug it and use the station for something else — a phone, a lamp, a CPAP — and come back to the fridge before it warms too much. The cold it's holding buys you the freedom to share.

- Run the fridge a while, then let its closed-door cold coast while you power other things.
- Keep the door shut during the coasting stretch so the cold lasts.
- A thermometer tells you when it's time to give the fridge another turn.
- For anything medical or delicate, an indoor-safe station's clean power is a good match.

★ I'll help you plan the rotation

Deciding what to run when is easier with a second pair of eyes. Call me at (330) 200-8042 and we'll map out a simple rotation for your household.

Tell the people who can help ahead of time

Two quick calls now can make a real difference during an outage later.

Many electric utilities keep a list of homes that rely on medical needs — sometimes called a medical or priority list. Getting on it doesn't promise the power stays on, but it can mean advance notice of planned outages and a flag for restoration crews. It's a free call, and our utility medical list guide walks through exactly how.

It's also worth telling your pharmacy that you rely on refrigerated medicine. They can talk with you about your options ahead of time, and they'll understand the urgency if you call during an outage.

- Call your electric utility and ask about their medical or priority list.
- Tell your pharmacy you keep refrigerated medicine at home.
- Ask the pharmacy now what they'd suggest if the power went out for a long stretch.
- Keep both phone numbers with your written plan.

✓ Free, and it works quietly in the background

Registering costs nothing but a phone call, and once you're on the list it keeps looking out for you every storm season.

Common Questions

The questions families ask me most about keeping medicine cold.

Q: How long will my medicine stay good if the power goes out?

That's a question for your pharmacist — it depends on the medicine, and how long and how warm it got. What I can tell you is that a closed refrigerator holds its cold for a good while, which buys time to call them and start your backup.

Q: Can a battery power station really run my refrigerator?

Yes, a properly sized one can — and safely indoors, since it makes no fumes. The trick is matching it to your fridge's motor surge. Our sizing guide covers that, and I'm glad to help.

Q: Is it safe to run the power station in the kitchen?

Yes. A battery station makes no exhaust or carbon monoxide, so it's fine indoors. A gas generator is the opposite — outdoors only, well away from the house, always.

Q: Can I just put my medicine in a cooler with ice?

Often yes, for a short gap — but some medicines must never freeze, and ice packs can freeze what they touch. Ask your pharmacist first, and keep the medicine from touching the ice directly.

Q: The power's back — is my medicine still okay to use?

Please don't decide that on your own. Call your pharmacist, tell them how long the power was out and how warm it got, and follow their guidance. When in doubt, don't guess.

Q: What's the one thing to do right now?

Ask your pharmacist how cold each medicine must stay and what to do after an outage, then write it down. That single conversation is the foundation of your whole plan.

★ Still have a question?

If something here isn't covered, call or text me at (330) 200-8042. If it's about the power, I'll help; if it's about the medicine, I'll point you straight to your pharmacist.

A few gentle reminders

These aren't judgments — just the slip-ups I see most, so you can step around them.

Every one of these is easy to fix once you've spotted it, and none of them means you've done anything wrong. A plan gets stronger simply by walking through it and tidying up the loose ends.

- Opening the refrigerator door out of habit, letting the cold spill out.
- Letting ice packs freeze a medicine that was never supposed to freeze.
- Deciding on your own that a medicine is still fine after an outage, instead of asking.
- Letting the power station or a travel cooler sit uncharged, so it's flat when you need it.
- Never mentioning to the utility or the pharmacy that you keep refrigerated medicine.

! If one of these sounds familiar, that's all right

Noticing a gap is the whole point of this page. Pick one to fix this week, and your plan is stronger from here on.

A caring checklist

Work through this at whatever pace feels right — the only deadline is the one you set.

- ☐ I've asked my pharmacist how cold each medicine must stay and what to do after an outage.
- ☐ I've written those answers down with the rest of my plan.
- ☐ I know to keep the refrigerator door shut during an outage.
- ☐ I have an indoor-safe battery power station, kept charged.
- ☐ I have a thermometer in the fridge, and a cooler with ice packs as a fallback.
- ☐ I know not to let a medicine freeze if my pharmacist says it shouldn't.
- ☐ I'm registered on my utility's medical list, and my pharmacy knows I keep cold medicine.
- ☐ I know that after an outage, I'll call my pharmacist rather than guess.

★ Even a few checked boxes is real progress

You don't have to finish this list today. Every box you check is another bit of protection for you and your family.

Try it out before you ever need it

A plan you've practiced on a calm day is one you can trust in a storm.

Pick a quiet afternoon and run through it for real. Plug the refrigerator into the power station and let it run, watch the thermometer hold steady, and see how it feels to switch over. If you have a cooler or a travel cooler, practice loading them too. Little surprises show up in a practice run, not in the middle of an outage. Our testing guide has a full walk-through.

- ❑ Run the fridge on the power station and confirm it starts and holds cold.
- ❑ Watch the thermometer to see the temperature stay where it should.
- ❑ Practice moving medicine into a cooler, keeping it off the ice packs.
- ❑ Charge the travel cooler and learn its buttons before you'd need them.

★ Let's test it together

This is one of my favorite visits — setting it up, running through it with you, and fixing anything awkward before it matters. Call or text (330) 200-8042 to schedule.

What I help with — and what I don't

Being clear about this line is part of doing right by you.

Bill helps with	Always your pharmacist's call
Choosing and sizing a power station	How cold your medicine must stay
Setting up and testing the fridge on backup	Whether a medicine is still good
Planning the cooler and travel-cooler backup	Whether a medicine can be frozen
Lining up a licensed electrician if needed	What to do after an outage

I help with the power and the equipment — the fridge, the station, the setup, the testing. Anything about the medicine itself belongs with your pharmacist, and for any licensed electrical work I'll line you up with a trustworthy local pro.

★ **A boundary I take seriously**

I care about your family's safety, which is exactly why I stay firmly on my side of this line. For anything about the medicine, your pharmacist comes first, every time.

Bringing it all together

Keeping medicine cold through an outage comes down to a few simple, layered habits.

Start with your pharmacist, who tells you what each medicine needs. Lean first on the free win — a closed door that holds its cold. Add an indoor-safe power station to run the fridge, a thermometer to see how it's doing, and a cooler or travel cooler as a fallback. Register with your utility, tell your pharmacy, and after any outage, call the pharmacist rather than guess.

You don't have to put all of this in place at once. Each piece stands on its own, and even the first one — a short talk with your pharmacist — makes your household calmer and better prepared.

★ Let's build yours one piece at a time

There's no need to solve all of this in one sitting. Call or text me at (330) 200-8042, and we'll work through it at whatever pace feels right for your family.

Your next small step

Big plans get built from small, doable steps — here's a gentle order to follow.

- This week: ask your pharmacist how cold each medicine must stay and what to do after an outage.
- This week: call your utility about their medical list, and tell your pharmacy you keep cold medicine.
- This month: choose an indoor-safe power station and put a thermometer in the fridge.
- This month: set aside a cooler and ice packs, and a travel cooler if you might leave home.
- Before storm season: practice running the fridge on the station on a calm day.

✓ One step at a time is plenty

You don't have to do these all at once. Even the first phone call moves your family from worried to prepared.

You don't have to do this alone

You just have to remember that a friendly, patient person is one call away.

I hope this guide made keeping refrigerated medicines cold in an outage feel a little less daunting and a lot more doable. Keep it in a drawer with your other important home papers, come back to a page whenever you need it, and don't worry about memorizing anything.

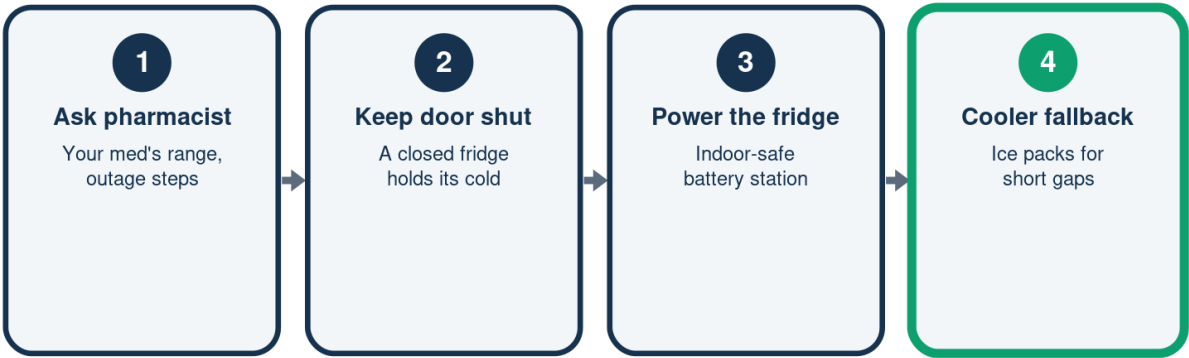
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. I'll help you choose and set up a battery power station, get the equipment your family depends on connected safely, and test the whole plan before you ever need it. A first visit is a flat \$99, and for the parts that don't need me on-site I can often help right on your screen for \$49. Every visit comes with a 30-day, come-back-free guarantee. I help with the power side only — your settings, your prescription, and when to seek care always stay with your doctor and your equipment supplier — and for any licensed electrical work, I'll line you up with a trustworthy local pro.

★ Bill's Home Tech — real help, close to home

Call or text me at (330) 200-8042, or visit BillsHomeTech.com. Serving Atwater and all of Portage County. 30+ years of patient, plain-English tech help — and if you're ever not 100% happy with a visit, I'll make it right or refund it. That's a promise. — Bill

Keeping Medicine Cold in Four Steps

Calm and simple, one step at a time



When in doubt, ask your pharmacist -- not this page.

Ways to Keep Medicine Cold

Each has a place -- and a thing to watch

	Good for	Watch out for
Fridge + station	Whole supply	Right size
Small med fridge	Just medicine	Keep it charged
Cooler + ice	Short gaps	Freezing meds
Travel cooler	Leaving home	Battery charged

Ask your pharmacist which fits your medicine.

Cold Medicine: Do and Don't

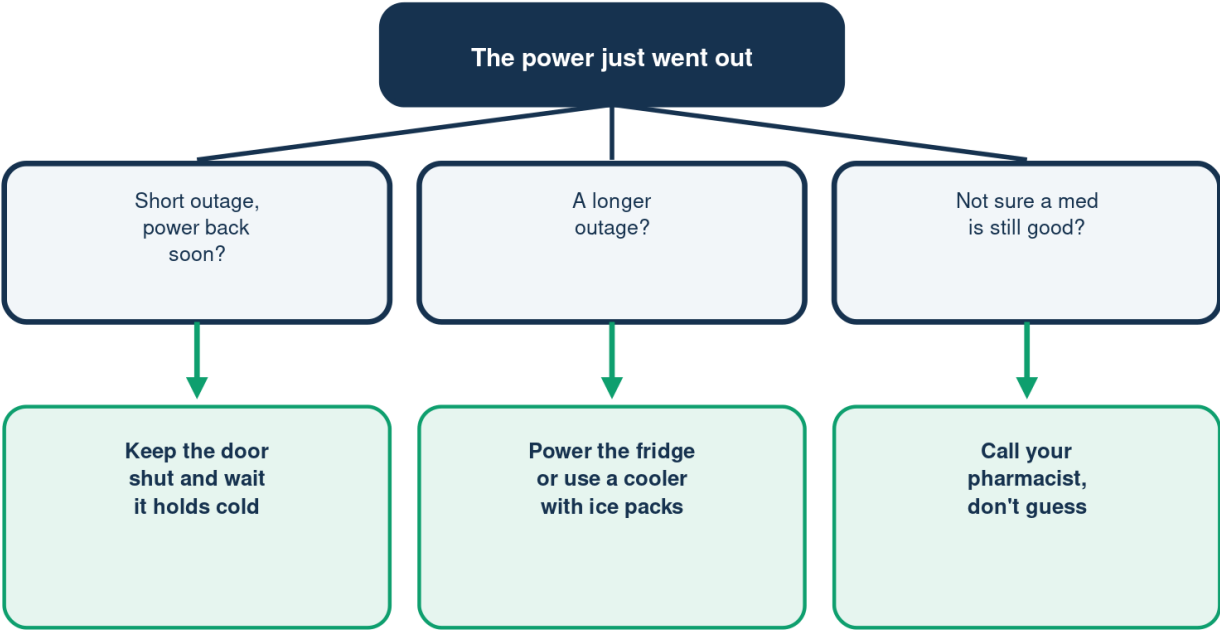
The habits that keep medicine safe

	Do	Don't
The door	Keep it shut	Open it often
If unsure	Ask pharmacist	Guess and use
Freezing	Ask first	Let it freeze

Your pharmacist has the final say on your medicine.

Power's Out and a Medicine Needs Cold

A calm gut-check while the lights are off



Ask your pharmacist about your medicine -- this guide is not medical advice.

Illustration - a schematic, not to scale. Your setup may differ.



Need a Real Person?

You do not have to remember all of it.
You just have to remember you can call.
Friendly, in-home tech help -- I come to you.

BILL'S PROMISE

If you are not 100% happy with a visit, I will
make it right -- or refund it. No awkwardness,
no fine print. That is how I would want to be treated.

(330) 200-8042 · BillsHomeTech.com

Bill@BillsHomeTech.com · Mon–Sat 9:00 AM – 7:30 PM

— Bill

Prefer help without a visit?

Bill can screen-share and fix many things remotely — a flat \$49, free for Support Plan members.



A Note From Bill

A quick note from Bill.

I write these guides to make home tech a little less frustrating, and I do my best to keep every step accurate and up to date. Still, every home, device, and setup is a bit different, so I can't promise a guide will match yours exactly or fix your particular problem. These guides are for general information only — they're not professional, legal, or financial advice, and they don't replace your device's own manual or the manufacturer's instructions. Please go slow, use your own good judgment, and use everything here at your own risk. If a step involves electrical wiring, a gas appliance, a water heater, plumbing, or climbing a ladder — or if anything just doesn't feel safe — please stop and call a licensed professional (or give me a call at 330-200-8042). Bill's Home Tech and Bill Davis can't be responsible for any damage, data loss, or injury that comes from using these guides. Thanks for reading, and stay safe out there.

— *Bill*



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