



An Extended Guide · No. 1732

Storm Prep for Medical Households

A calm routine for
when weather is coming

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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. Good storm prep means having your plan ready before weather hits — but it never replaces your doctor and supplier's guidance, and if health is ever at risk, you call 911.

When weather is coming, a calm routine

A forecast of heavy weather is a gift, really — it's warning. For a household that depends on powered equipment, the hours before a storm are when a little calm preparation pays off the most.

I'm Bill, and I run Bill's Home Tech here in Portage County, Ohio. When the weather folks start talking about a big storm, most people wait and see. For a medical household, a short, steady checklist — started days ahead, finished in the last hours — turns an anxious wait into a prepared one. Nothing here is hard; it's mostly about doing the easy things in good time.

This guide lays it out by when to do it: a week before, a day before, and the final hours. If your plan is already built from the other guides, this is simply how you get it ready to go.

★ Let's get you storm-ready before you need it

The best time to prepare is a calm day, not a stormy one. Call or text me at (330) 200-8042 and we'll get your household ready ahead of the season.

The whole guide, on one page

If you remember only these things, you'll ride out a storm calmly and safely.

- ❑ A week ahead: refill medications, check your batteries, and top up fuel and stored water.
- ❑ A day ahead: charge everything — phones, power banks, the battery station, spare batteries.
- ❑ A day ahead: confirm your plan, and tell family you're watching the weather.
- ❑ Hours ahead: final top-ups, fill jugs of water, and bring the go-bag near the door.
- ❑ Keep any generator ready — but remember it runs outdoors only, never inside.
- ❑ Know how you'd leave if a shelter opens, and when you'd leave.
- ❑ Keep refrigerated medications and food ready to keep cold.
- ❑ If health is ever at risk, call 911 — don't wait out the storm.

✓ One idea to hold onto

Storm prep isn't a scramble — it's a few easy things done in good time. Start early and the last hours stay calm.

Why medical households prepare a little differently

Most homes prep for comfort; yours prepares for something that has to keep running.

For most families, storm prep is flashlights, snacks, and a full phone. When someone depends on powered equipment, there's a bit more: the equipment has to keep going, the medications have to stay safe, and help has to stay reachable. That's not cause for worry — it just means your checklist is a little longer, and worth starting a little sooner. Do it in good time and the storm itself is far less stressful.

The other guides in this batch built your plan. This one is about getting that plan charged, stocked, and ready the moment a forecast turns serious.

! Preparation calms the storm — care comes first

All the prep in the world is meant to make an outage manageable, never to keep you home when health is slipping. If anyone's at risk, call 911, storm or no storm.

A week before: stock up and check

When a big storm is days out, this is the time for the errands that take a little lead time.

A week ahead — or at the start of storm season — is when you handle the things you can't do at the last minute. Refill prescriptions so you're not caught short. Make sure your batteries actually hold a charge. Top up any fuel and stored water. These are the tasks that need a trip or a phone call, so give them room.

- ❑ Refill medications, especially anything you're running low on.
- ❑ Check that the battery power station, power banks, and spare batteries hold a charge.
- ❑ Top up any safely stored fuel for a generator, and fill drinking-water containers.
- ❑ Confirm your go-bag is packed and current.
- ❑ Glance over your written plan and update any numbers that changed.

★ A week ahead is the easy time

Everything is calmer with lead time. If a battery won't hold a charge or a plan needs updating, a week out is when to call me — (330) 200-8042.

A day before: charge everything

With a storm on tomorrow's forecast, the theme is simple: fill every battery.

The day before is charging day. Top up everything that holds power, so you go into the storm full. Confirm your plan is fresh in your mind, position your equipment where you'll want it, and let family know you're watching the weather. A full battery and a clear head are the two best things to have when the lights flicker.

- ❑ Fully charge the battery power station, phones, power banks, and spare batteries.
- ❑ Make sure device batteries — CPAP, wheelchair, and others — are topped up.
- ❑ Position the power station and equipment where you'll use them.
- ❑ Tell family and a neighbor that a storm's coming and you're prepared.
- ❑ Set out flashlights and your written plan where you can find them in the dark.

✓ Charge to full, not just 'enough'

The day before a storm, top everything up completely. You want every bit of capacity going in, in case the outage runs long.

The final hours: last top-ups and water

As the sky darkens, a few last moves put you fully ready.

In the last hours before a storm arrives, do the things that are best done fresh. Give every battery a final top-up. Fill jugs and the bathtub with water, especially on a well. Bring the go-bag near the door. Charge your phone to full one more time. Then settle in, knowing you've done what you can and your plan is ready.

- ❑ One last charge on phones, power banks, and the battery station.
- ❑ Fill drinking-water jugs; on a well, fill the bathtub for washing and flushing.
- ❑ Bring the go-bag near the door, ready to grab.
- ❑ Set your fridge and freezer to keep cold, and don't open them needlessly.
- ❑ Keep your phone and a flashlight within arm's reach.

✓ On a well, water is part of the prep

If your water comes from a private well, remember the pump stops with the power. Filling containers before the storm means water for drinking, washing, and flushing while it's out.

If a generator is part of your plan

Have it ready before the storm — and remember the one firm rule.

If your plan includes a generator to recharge your battery station in a long outage, get it ready before the weather hits: check the fuel, make sure it starts, and decide the safe outdoor spot in advance so you're not sorting it out in the wind and rain. And the rule that never changes, storm or not, is where it runs.

! A generator's exhaust is deadly — a battery is not

If your backup plan includes a gas- or propane-powered generator, remember that its exhaust contains carbon monoxide — an invisible, odorless gas that can kill in minutes. Never run any fuel-burning generator indoors, in a garage, in a shed, in a basement, or on a porch, not even with a door open and a fan going. Run it outside only, well away from the house — the safety agencies say at least 20 feet — with the exhaust pointed away from every window, door, and vent. This is one big reason a battery power station suits medical equipment so well: it makes no exhaust at all, so it is safe to use right beside the bed, indoors. Put battery-backup carbon-monoxide alarms on every floor and outside the bedrooms, and if an alarm sounds or anyone feels dizzy, sick, or sleepy, get everyone into fresh air first and ask questions later. A storm is exactly when people are tempted to run a generator somewhere sheltered — a garage, a porch, an open doorway. Don't. It runs outdoors only, at least 20 feet from the house, exhaust pointed away, no matter the weather. Set it on a dry surface under a running-rated cover if it's wet.

Ready your refrigerated medications and food

A little preparation keeps the cold things cold when the fridge goes quiet.

If you keep medications that must stay refrigerated, get your cooling plan ready before the storm: know where the cold packs are and have an insulated bag or cooler on hand. For food, a fridge keeps things safe for a few hours and a full freezer far longer, as long as you keep the doors closed. Our guide on keeping refrigerated medications cold goes into detail; your pharmacist can advise on your specific medicines.

- Know where your cold packs and insulated bag or cooler are.
- Freeze extra cold packs or water jugs ahead, to help hold the cold.
- Plan to keep the fridge and freezer closed as much as possible.
- Ask your pharmacist how your refrigerated medicines should be handled in an outage.

★ The pharmacist leads on the medicine

How a medication should be stored is always your pharmacist's or doctor's call. I help with the coolers, the battery station, and keeping the fridge running — never the medicine itself.

Tell family and check your utility status

The people in your plan should know a storm is coming and that you're ready.

A quick round of calls or texts before a storm does a lot of good. Let family and a trusted neighbor know you're watching the weather and prepared, and remind them of your plan. If you're registered on your utility's medical or priority list — and you should be — this is a good moment to be sure your details there are current. Our guides on registering with your utility and on your phone and alert device cover these.

- Text or call family and a neighbor: storm coming, you're prepared, here's the plan.
- Confirm your utility medical-list details are up to date, if you're registered.
- Make sure someone nearby knows they might check on you after the storm.
- Have your utility's outage-reporting number handy.

✓ A prepared 'I'm ready' beats a worried silence

Letting people know you're set puts everyone at ease — and means someone will think to check on you if the power stays out.

Two kinds of homes, two sets of needs

Where you live changes how much lead time to give your prep and how long to prepare for.

If you live in town or the suburbs

In town or a close-in suburb, outages usually clear sooner and stores stay reachable, so your prep can be a touch lighter — though never skipped.

- You can often restock quickly, so a shorter supply cushion may do.
- Crews tend to reach in-town areas sooner after a storm.
- A powered place to go — family, a pharmacy, a shelter — is usually close.
- Still charge everything fully; a bad storm can knock out power anywhere.

If you are out in the country on a well

Out in the country, storms often mean longer outages, blocked roads, and a well that stops with the power — so prepare earlier and for more days.

- Stock more days of medication, supplies, and water than an in-town home would.
- Fill the bathtub and extra containers, since the well pump stops with the power.
- Have the generator fueled and ready to recharge your battery station, outdoors.
- Keep the car's tank full, in case roads clear before the power does.

★ Let's build your storm-prep routine

Tell me about your home and equipment and I'll help you make a storm-prep checklist that fits — and get everything ready ahead of the season. Call (330) 200-8042.

When the power actually goes out

If you've prepped, the first minutes are calm and simple.

The moment the lights go, take a breath — you're ready. Switch your essential equipment to backup power, keep the fridge and freezer closed, and report the outage to your utility so they know you're affected. Then settle into your plan: run equipment from the battery station, keep phones charged, and keep an eye on your battery levels so you know how you're doing over time.

- Switch essential equipment to backup power calmly.
- Keep the fridge and freezer closed to hold the cold.
- Report the outage to your utility.
- Watch your battery levels so you always know where you stand.

✓ Watching the levels keeps you ahead

Glancing at your battery levels now and then means you'll never be surprised. Our guide on what to do when the battery runs low covers the next steps.

Knowing when to leave — and when to call 911

No storm prep replaces knowing when it's time for help.

If equipment fails and your backups are running low, lean toward leaving early for somewhere with power while the trip is still easy. And if someone is having trouble breathing, has chest pain, seems confused, or has bluish lips or skin, call 911 right away — don't wait out the storm. Preparation is meant to give you calm and options, never to make you tough out something serious.

! Prep buys calm — it does not replace care

All this readiness is so an outage feels manageable. If health is ever at risk, that calm is exactly what you use to get help fast — call 911 or head for a hospital or shelter with power.

After the storm: restart and restock

Coming out the other side has a short checklist too.

When the power returns, bring things back gently and get ready for next time. Switch your equipment back to wall power, check that everything is running normally, and recharge your batteries and power station so they're full again. Restock anything you used — medications, water, fuel, supplies — so your plan is ready for the next storm. And if you had any trouble, jot it down while it's fresh, so we can fix it together.

- ☐ Switch equipment back to wall power and confirm it runs normally.
- ☐ Recharge the battery station, power banks, and spare batteries.
- ☐ Restock medications, water, fuel, and any supplies you used.
- ☐ Note anything that didn't go smoothly, to improve for next time.

★ Let's fix any rough spots together

If something didn't work the way you hoped, that's useful to know. Call me and we'll smooth it out before the next storm — that's what the 30-day come-back-free guarantee is for.

Practice before the season starts

A calm dry run before storm season is worth ten frantic ones during it.

The best storm prep happens long before any storm. Before the season starts, run through your whole plan on a calm day: switch equipment to backup, test the alarms, check the runtimes, and walk the storm-prep checklist. You'll find any gaps while there's all the time in the world to fix them. Our testing guide covers a full practice run.

★ Let's do a pre-season run-through

I'm glad to come out before storm season and run through your whole plan with you, so everything's ready when the first forecast rolls in. Call or text (330) 200-8042.

What I help with — and what I don't

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

Bill helps with	Someone else's call
Building your storm-prep checklist	Your medications (pharmacist)
Charging and testing your equipment	Your prescribed settings (supplier)
Safe generator placement outdoors	Panel wiring (electrician)
A pre-season practice run	When to seek care (doctor / 911)

★ **A boundary I keep**

I handle the power side and the readiness. Your medicines, settings, and care stay with your pharmacist, supplier, and doctor — and I'll point you to each.

A few gentle reminders

Not judgments — just the patterns I see most, so you can step around them.

- Waiting until the storm hits to charge everything, then running out of time.
- Letting a prescription run low right as a storm approaches.
- Forgetting the well pump stops, so no water gets stored.
- Being tempted to run a generator in a sheltered spot during bad weather.
- Never doing a calm practice run before the season.

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

Spotting a gap now is the whole point. Fix one this week — refill a prescription, or charge the station — and you're readier already.

A storm-prep checklist

Keep this where you'll see it when a forecast turns serious.

- ☐ Medications refilled, with a few days in hand.
- ☐ Battery station, power banks, and spare batteries fully charged.
- ☐ Drinking water stored; on a well, the bathtub filled.
- ☐ Go-bag packed and near the door.
- ☐ Any generator fueled, tested, and its safe outdoor spot decided.
- ☐ Family and a neighbor told, and my utility details current.
- ☐ Fridge and freezer set to hold cold, cold packs ready.
- ☐ I know when I'd leave, and the signs that mean call 911.

★ Even a half-finished checklist helps

You don't have to do it all at once. Every item you tick makes the next storm calmer and safer.

Questions worth asking the pros in your life

A few questions before the season make your prep solid.

Q: What should I ask my pharmacist before a storm?

How to keep your refrigerated medicines safe in an outage, how long they can be out of the fridge, and how to get an early refill so you don't run low.

Q: What should I ask my equipment supplier?

How many hours of backup to plan for, and what to do if an outage outlasts your batteries — plus their after-hours number.

Q: What should I ask my utility?

How to report an outage, whether you're on their medical or priority list, and how you'd learn if a shelter opens.

Q: What can Bill help me prepare?

A storm-prep checklist for your home, charging and testing your equipment, safe generator placement, and a pre-season practice run.

✓ I'll help you prepare the questions

Not sure how to ask? Call me first and we'll write down what to ask each person, so you head into the season fully set.

Common Questions

The questions families ask me most about storm prep, answered plainly.

Q: How early should I start preparing?

Handle the errands — refills, batteries, fuel, water — about a week out, and do the charging and final top-ups in the day and hours before. Starting early keeps the last hours calm.

Q: Should I fill the bathtub with water?

On a private well, yes — the pump stops with the power, so stored water covers washing and flushing. In town, fill drinking-water jugs as a sensible backup.

Q: Can I run my generator during the storm?

Only outdoors, well away from the house, exhaust pointed away — never in a garage or sheltered spot, no matter the weather. Set it under a running-rated cover if it's wet.

Q: What if the outage lasts longer than my batteries?

Lean toward leaving early for somewhere with power, and recharge from a generator or car if that's your plan. For any health emergency, call 911 without waiting.

★ However far along you are, I'm glad to help

Whether you're prepping for your first storm or refining a routine, call or text me at (330) 200-8042. We'll get you storm-ready, one calm step at a time.

Bringing it all together

Storm prep is a calm routine on a timeline: a week before, a day before, the final hours, and after.

A week out, you refill medications and check batteries, fuel, and water. The day before, you charge everything to full and confirm your plan. In the final hours, you top up once more and store water. Any generator is ready and runs outdoors only. You tell family, keep the cold things cold, and know when you'd leave — and afterward, you restart and restock for next time.

This pulls together the whole batch — the plan, phone and alert, meds-cold, go-bag, and generator-safety guides. Take them one at a time.

★ Let's get you ready together

There's no need to face a storm unprepared. Call or text me at (330) 200-8042, and we'll build your storm-prep routine at a calm, comfortable pace.

Your next small step

Small, doable steps in a gentle order — no need to do them all at once.

- Today: make sure you're not low on any medication.
- This week: check that your batteries and power station hold a charge.
- This week: write or print a storm-prep checklist and post it.
- This month: store water and get your generator or car recharging ready.
- Before storm season: do a calm practice run of the whole plan.

✓ One step at a time is plenty

Even checking your medication supply today makes the next storm easier. The rest follows at your pace.

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 getting your household storm-ready 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.

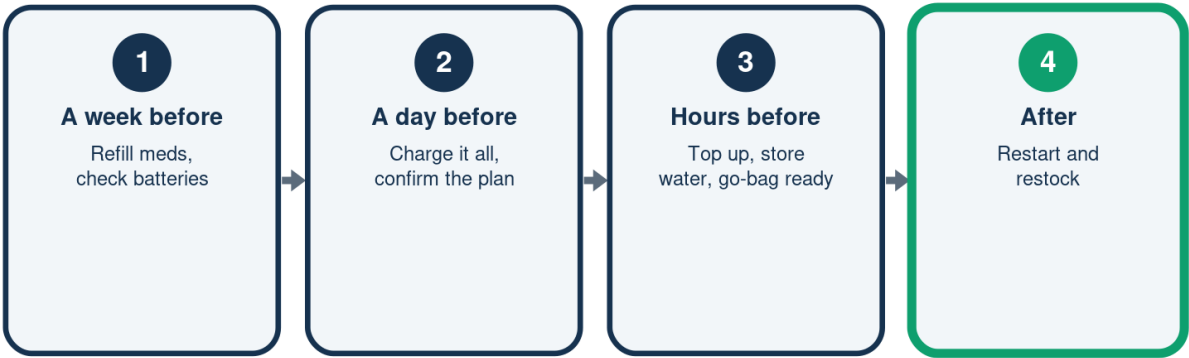
When you'd rather have a hand, that's exactly what I do. I come to your home, work at your pace, and never make you feel rushed or silly for asking. I'll help you choose and set up a battery power station, get the equipment your family depends on connected safely, and test the whole plan before you ever 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

Storm Prep on a Timeline

A calm routine, from days out to after



Start early, and the last hours stay calm.

What to Ready Before a Storm

Four areas to cover, in good time

	Area	Get it ready
Power	Charge everything	Fuel the generator
Medicine	Refill early	Cold packs ready
Water	Fill jugs / tub	Well stops with power
People	Tell family	Utility list current

Your pharmacist and supplier guide the medicine and the hours.

The Generator Rule in a Storm

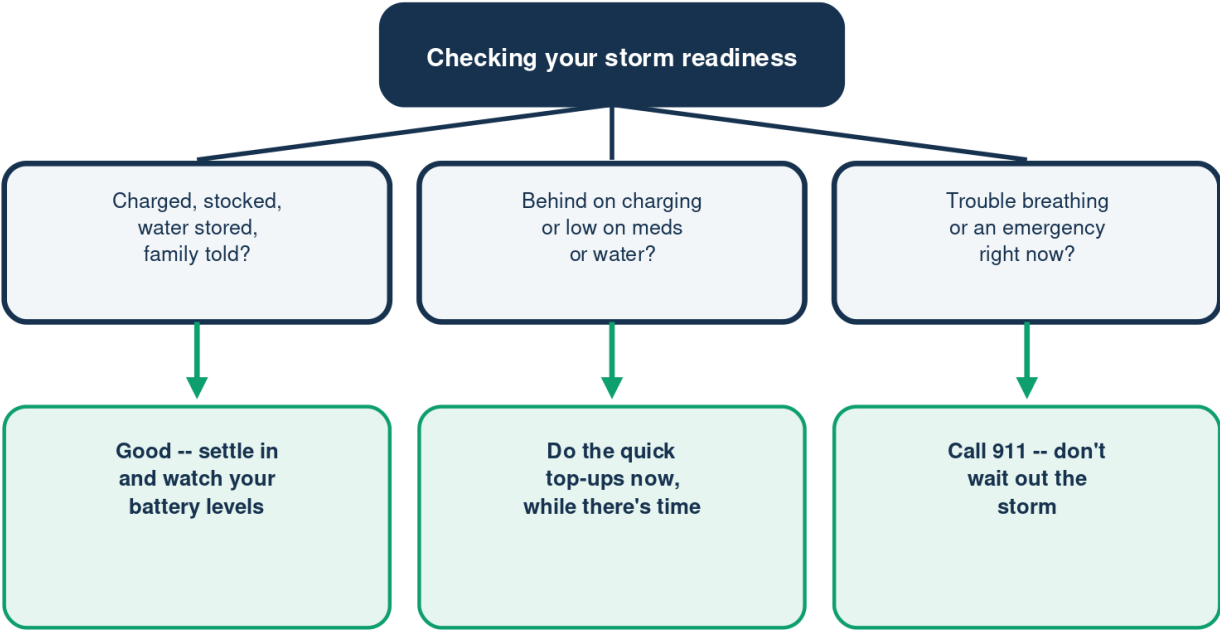
Weather never changes where it runs

	Do	Never
Where it runs	Outdoors, 20+ ft	Garage or porch
Exhaust	Pointed away	Toward the house
If it's wet	Running-rated cover	Bring it inside
Its job	Recharge the station	Run devices indoors

An open door and a fan do NOT make a sheltered spot safe.

As the Storm Approaches

A calm gut-check on your readiness



This guide isn't medical advice -- follow your doctor and your equipment supplier.

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.

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— 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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