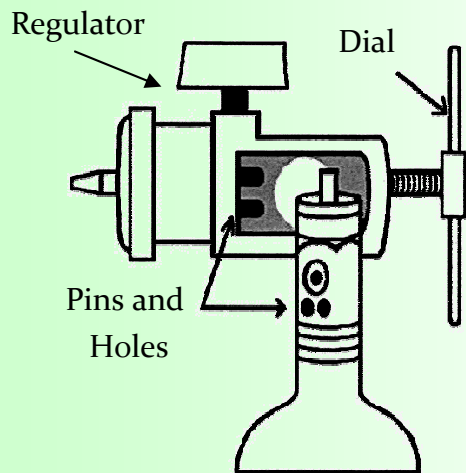


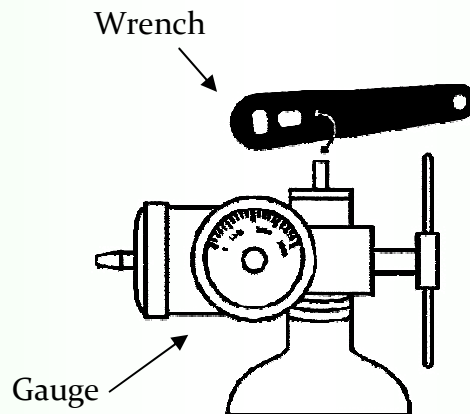
Step One

- Attach the regulator to the top of the tank
- Line up the pins with the holes until the regulator is sitting in the correct position
- Turn the dial clockwise until it is tight
- Make sure the regulator is secure and doesn't jiggle



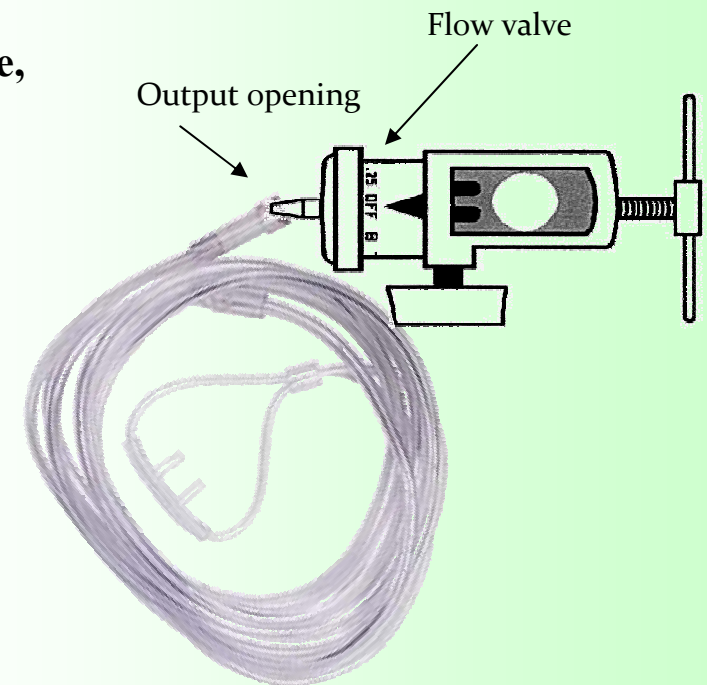
Step Two

- Attach the wrench provided to the valve at the top of the tank or locate the pre-attached valve handle
- Turn it counter-clockwise until you feel it give
- Look at the gauge, the needle should indicate the amount of oxygen that is left in the tank
- If the needle does not move, the tank is empty



Step Three

- Turn the flow valve to the Oxygen pressure prescribed by your doctor
- Attach the oxygen tubing to the output opening (see image below)
- Place the nasal cannula in your nose and over your ears



Prepare Now

- Keep a corded phone available to plug in during a power outage.
- Ask your oxygen provider how much oxygen you should have in your home to keep receiving oxygen during an extended power outage or extreme weather event.
- Label your oxygen cylinder with an estimated length of time to empty the full cylinder.
- Label your oxygen cylinder with the emergency phone number to the oxygen company.
- Practice attaching the regulator and test your back up oxygen system once a month.
- Keep several flashlights strategically placed so you can find your emergency tanks and read the dials.
- Consider purchasing, installing, and maintaining a generator to provide electricity during a power outage.



www.mariposacounty.org/SAFE

Help Us Help You

- Participate in the SAFE Program
- If your back up oxygen tanks do not work during a power outage - call for help BEFORE you have trouble breathing

Mariposa County Health Department

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209-966-3689 or 800-459-4466

FAX 209-966-4929

SAFE@mariposacounty.org



OXYGEN

**Are you prepared
for a
power outage?**

