**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

![Regulator Diagram](Regulator.png)
![Dial Diagram](Dial.png)
![Wrench Diagram](Wrench.png)
![Gauge Diagram](Gauge.png)

![Flow valve Diagram](Flow valve.png)

![Output opening Diagram](Output opening.png)
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 backup 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 backup oxygen tanks do not work during a power outage - call for help BEFORE you have trouble breathing

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5085 Bullion St., P.O. Box 5
Mariposa, CA 95338
209-966-3689 or 800-459-4466
FAX 209-966-4929
SAFE@mariposacounty.org

Are you prepared for a power outage?