

## Shelter in Place



In the event of a man-made or natural disaster, it may be necessary for you to take immediate shelter from chemicals, biological incidents or radiological contaminants. Know your community alert systems and be prepared to shelter until you are given information that it is safe to come out.

### Plan for:

- **Safe location (center room with few outside entries)**
- **Turning off heating and air systems**
- **Sealing doors and windows**
- **Ability to receive radio emergency broadcasts**
- **Water/Food**
- **Dampening towels to place over the cracks under doors**



It is recommended to allow at least 10 square feet of floor space for each occupant in the sealed room. Occupants should maintain a low level of activity so breathing rates remain low. In a sealed room, you can safely remain inside for approximately 3 to 5 hours. Persons with existing respiratory problems may have a shorter time. For longer times of sheltering, air filtration may be necessary.

### Outdoor contamination:

**Come indoors, remove clothing, and shower.**

### Tune to radio or television station for:

- **Emergency Alert System (EAS)**
- **NOAA Weather radio**

### Sheltering in place

The safest place in a home during an emergency may be a centrally-located room or basement. This room should have as few windows as possible. For chemical incidents, an upstairs room is best. For nuclear incidents, a basement is a good choice. Store emergency supplies in these areas. Refresh every six months.

If outside when the chemical or nuclear alert is given, remove clothes and leave outside, shower and wash with soap and water. Showering can remove 90 percent of many contaminants. Close and lock windows, doors, fireplace dampers and turn off fans (heat or

air). Suffocation could occur within several hours if shelter is tightly sealed off. Remove seals and vent occasionally.

Bring pets inside.

### **Sheltering in Place Kit**

- Duct tape
- Scissors
- Plastic sheeting
- Towels (for door sealing)
- Wood sheeting
- Flashlight
- Radio (wind up or battery operated)
- Extra batteries
- Phone
- Emergency water, food and medications
- First aid kit
- Plastic bags (waste collection)
- Towels/bedding
- Toiletries
- Wet wipes
- Five-gallon bucket for waste

Cut plastic sheeting to cover windows, doorways and electrical outlets sealing with duct tape. Place towels under doors.

### **Psychological Preparedness**

Have activities on hand to help reduce stress such as:  
cards, books and games.

