

SHELTERING IN PLACE

In certain disaster situations, you may be asked by emergency management officials to 'shelter in place' rather than to evacuate your home to seek shelter in an alternate location. So that you can safely shelter in place in the event you receive an advisory to do so, below is information on what you and your family need to have on hand to be prepared.

SHELTER IN PLACE SUPPLIES:

- A roll of duct tape (usually silver in color, with a fabric mesh) for sealing cracks, vents, ducts, and doors
- Heavy plastic sheeting (in the event an additional layer of sealant is needed when sealing vents, ducts, or other openings)
- Disaster supplies kit - [click here](#) for a complete list of the supplies needed in this kit. If you have pets, remember their needs as well - click here for information on preparing a pet disaster supply kit
- An evacuation plan for your family, that is practiced and communicated to all family members - click here for information on creating a plan. Ensure that your plan covers things such as contact with your child's school in the event of an emergency.
- Review other safety and preparedness information your family will need ahead of time - click here to review the complete list of preparedness information
- Keep a well-stocked and up to date first aid kit on hand with your disaster supplies, and make sure that you know how to administer emergency first aid and/or CPR under disaster conditions where help may be delayed in reaching you. To view

the current schedule of training, [click here](#).

WHEN you area advised by local officials to 'shelter in place', take the following precautions:

- Remain inside your home or office.
- Close and lock all windows and exterior doors.
- Turn off all fans, heating, and air conditioning systems.
- Close fireplace dampers.
- Locate your disaster supplies kit and make sure that the radio is working.
- Take your kit, your radio, and all family members and go to an interior room (without windows) that is above ground level. (Some chemicals are heavier than air and may seep into basements, even if the windows are closed.)
- Using duct tape, seal all cracks around the door and seal any vents into the room.
- Remain in place and keep listening to your radio or television until you are told that all is safe or you are told to evacuate to an alternate location. (Local officials may call for an evacuation in specific areas at greatest risk in your community.)

***NOTE:* Always keep a shut-off valve wrench near the gas and water shut-off valves in your home.**

Disaster Supplies Kit

There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and

emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to carry container. Possible containers include a large, covered trash container, a camping backpack, or a duffle bag.

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

Store one gallon of water per person per day.

Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies Kit:

Ready-to-eat canned meats, fruits, and vegetables

Canned juices

Staples (salt, sugar, pepper, spices, etc.)

High energy foods

Vitamins

Food for infants

Comfort/stress foods

First Aid Kit Assemble a first aid kit for your home and one for each car.

Sterile adhesive bandages in assorted sizes

Assorted sizes of safety pins

Cleansing agent/soap

Latex gloves (2 pairs)

Sunscreen

2-inch sterile gauze pads (4-6)

4-inch sterile gauze pads (4-6)

Triangular bandages (3)

Non-prescription drugs

2-inch sterile roller bandages (3 rolls)

3-inch sterile roller bandages (3 rolls)

Scissors

Tweezers

Needle

Moistened towelettes

Antiseptic

Thermometer

Tongue blades (2)

Tube of petroleum jelly or other lubricant

Non-Prescription Drugs

Aspirin or non-aspirin pain reliever

Anti-diarrhea medication

Antacid (for stomach upset)

Syrup of Ipecac (use to induce vomiting if advised by the

Poison Control Center)

Laxative

Activated charcoal (use if advised by the Poison Control Center)

Tools and Supplies

Mess kits, or paper cups, plates, and plastic utensils

Emergency preparedness manual

Battery-operated radio and extra batteries

Flashlight and extra batteries

Cash or traveler's checks, change

Non-electric can opener, utility knife

Fire extinguisher: small canister ABC type

Tube tent

Pliers

Tape

Compass

Matches in a waterproof container

Aluminum foil

Plastic storage containers

Signal flare

Paper, pencil

Needles, thread

Medicine dropper

Shut-off wrench, to turn off household gas and water

Whistle

Plastic sheeting

Map of the area (for locating shelters)

Sanitation

Toilet paper, towelettes*

Soap, liquid detergent

Feminine supplies

Personal hygiene items

Plastic garbage bags, ties (for personal sanitation uses)

Plastic bucket with tight lid

Disinfectant

Household chlorine bleach

Clothing and Bedding

Include at least one complete change of clothing and footwear per person

Sturdy shoes or work boots

Rain gear

Blankets or sleeping bags

Hat and gloves

Thermal underwear

Sunglasses

Special Items

Remember family members with special requirements, such as infants and elderly or disabled persons

For Baby

Formula

Diapers

Bottles

Powdered milk

Medications

For Adults

Heart and high blood pressure medication

Insulin

Prescription drugs

Denture needs

Contact lenses and supplies

Extra eye glasses

Entertainment

Games and books

[Disaster Preparedness Coloring Book \(PDF\)](#)

Important Family Documents

Keep these records in a waterproof, portable container:

Will, insurance policies, contracts deeds, stocks and bonds

Passports, social security cards, immunization records

Bank account numbers

Credit card account numbers and companies

Inventory of valuable household goods, important telephone numbers

Family records (birth, marriage, death certificates)

Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.

Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.

Ask your physician or pharmacist about storing prescription medications.

Disaster Supplies Kit Checklist for Pets

Food and water for at least three days for each pet, food and water bowls and a manual can opener

Depending on the pet, litter and litter box or newspapers, paper towels, plastic trash bags, grooming items, and household bleach

Medications and medical records stored in a waterproof container, a first aid kit and a pet first aid book

Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for hours. Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets. These may require blankets or towels for bedding and warmth and other special items

Pet toys and the pet's bed, if you can easily take it, to reduce stress

Current photos and descriptions of your pets to help others identify them in case you and your pets become separated, and to prove that they are yours

Information on feeding schedules, medical conditions, behavior problems and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.

Additional Supplies for Sheltering-in-Place

In the unlikely event that chemical or radiological hazards cause officials to advise people in a specific area to ["shelter-in-place"](#)

in a sealed room, households should have in the room they have selected for this purpose:

A roll of duct tape (10 millimeters thick) and scissors

Plastic sheeting pre-cut to fit shelter-in-place room openings

Ten square feet of floor space per person will provide sufficient air to prevent carbon dioxide buildup for up to five hours. Local officials are unlikely to recommend the public shelter in a sealed room for more than two-three hours because the effectiveness of such sheltering diminishes with time as the contaminated outside air gradually seeps into the shelter.