

## SHELTER IN PLACE FACT SHEET

### What is “sheltering in place”?

If you are near but not in the immediate area of an attack, you may be asked to stay home and take shelter rather than try to evacuate.

### How do I prepare my home as a shelter?

The safest place in your home during an emergency is a centrally located room or basement with a few windows. You should store emergency supplies in this area such as food, water, medications and batteries. Make sure to check your supplies every **6** months and replace the water to keep it fresh and any expired medications. Tell your family members where the shelter is located and explain its use. Tell your family members not to take any items from that area. Make sure you identify and prepare a place for your pets to relieve themselves in the shelter.

### What emergency supplies will I need for a kit?

The following are list of things to consider when preparing your emergency kit:

- select foods with a long shelf life, such as canned, dried and packaged food products
- purchase and store bottled water or simply store water from the tap, paper products, plastic bags, bedding, battery-operated radio and batteries, medicines, toiletries, flashlight and batteries, cell phone, first aid kit, pet food, baby formula, diapers, games, books and other entertainment
- change of clothing – check every **6** months and remove clothes that no longer fit or are unsuitable for seasonal weather

### What do I do before entering a shelter?

If you are outside when the alert is given, try to remove your clothes and shoes and place them in a plastic bag before entering the house. If the weather is severe, remove at least the outer layer of clothes and shoes before entering the home to avoid bringing radioactive material into your shelter. Leave the items outside. Wash your entire body with soap and water.

Before entering the shelter, turn off fans, air conditioners or heating units that bring air in from the outside. Close and lock all windows and doors. Close the fireplace dampers. Make sure to seal any doors; windows or vents with plastic and duct tape for a short period of time in case a radiation cloud is passing over (listen to your radio for details). ***Suffocation could occur if you keep the shelter tightly sealed for more than a few hours.***

Keep your radio tuned to an emergency response station at all times for updates.

### Where can I get more information on other radiation emergency topics?

[www.bt.cdc.gov](http://www.bt.cdc.gov)

[www.dshs.state.tx.us](http://www.dshs.state.tx.us)

### Source of Information:

Centers of Disease Control and Prevention

<http://www.harriscountyhealth.com>

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