

Shelter in Place:

Protecting Yourself at Home or Work

In the event of a radiological, chemical or biological emergency, authorities may direct you to **SHELTER IN PLACE** or **EVACUATE**. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there.

If emergency officials advise you to Shelter In Place:

- 1 Stay calm.
- 2 Bring children and pets indoors immediately.
- 3 Close and lock all windows and outside doors.
- 4 Turn off all fans, heating/air conditioning systems, close exterior doors and windows.
- 5 If you have a fireplace, close the damper.
- 6 Gather your disaster supplies and battery powered radio.
- 7 Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
- 8 Use duct tape (wet towels if you are out of duct tape) to seal doors, exhaust fans, vents and windows.
- 9 Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.



LEARN MORE

Go to www.njflupandemic.gov NJ Department of Health and Senior Services for Ready Together NJ

Go to www.cdc.gov for general information about influenza and other health related topics

Go to www.pandemicflu.gov for pandemic flu information

Go to www.redcross.org for emergency preparedness information

Go to www.who.int/ith/en for health related travel information from the World Health Organization

