



Sheltering-in-Place

What is sheltering-in-place?

Sheltering-in-place simply means staying indoors. Local officials may advise us to shelter-in-place when hazardous conditions are present or when there are signs of an impending emergency. We could be at work, home, school, or in our vehicles. The typical duration for sheltering-in-place is usually a few hours as opposed to days.

Examples of circumstances when local officials may advise us to shelter-in-place are:

- during severe weather events, such as high winds, freezing rain, icy road conditions, or widespread flooding;
- during periods of life threatening temperatures (e.g. extreme cold or heat);
- when an outbreak of civil unrest or public disturbance has reached a violent level;
- after an explosion (accidental or intentional);
- during some type of chemical or biological release.

How will we know to shelter-in-place?

It is important that we listen to and follow instructions from appropriate authorities whenever there is a real or potential emergency unfolding. Depending on where we are at the time, the likely authorities to be advising us of the situation are:

- **At work:** building officials, managers, supervisors;
- **At home:** T.V. and radio stations that are broadcasting instructions from local officials;
- **At school:** superintendents, principals, teachers;
- **In our vehicles:** car or battery operated radios broadcasting instructions from local officials, and, ourselves based on our own observations.

If possible, it is also a good idea to check the websites of agencies and organizations that may have additional information for us. These include local T.V. and radio stations, local public works departments, the Oregon Department of Transportation, etc.

Guidelines for Sheltering-in-Place:

- **When at work:** It is a good idea for all of us to keep a small backpack containing a few emergency supplies. Supplies should be checked every 6 months for expiration and replaced if necessary. Suggestions for at-work backpacks are:

- several meal replacement bars
- a couple bottles of water

- any necessary medications
- comfortable walking shoes
- personal hygiene kit
- battery powered radio

- **When at home:** There may be times when we are advised, or required, to shelter-in-place at home for several hours to several days. For this reason it is best that we maintain a well stocked home that can sustain everyone in our family for 3 – 5 days.

However, many of us lead lives that are on-the-go and find it difficult to make it to the grocery store on a regular basis. This leaves our refrigerators and cupboards almost bare on a daily basis. For households with busy lifestyles it may be better to stock an emergency supplies kit (i.e., a duffle bag, large tote or storage container) and replace the items in it twice a year. The kit should be stored in a location that everyone in the household knows about.

So whether we maintain a well-stocked home or rely on an emergency supplies kit, the guidelines are useful for both situations. Remember, emergency supplies should be checked for expiration every 6 months and replaced as needed.

<input type="checkbox"/>	Food and Water
<input type="checkbox"/>	Infant formula and baby food
<input type="checkbox"/>	A variety of canned foods such as canned fruits, veggies, chili, beans, and tuna fish. Purchase cans that do not require a can opener when possible
<input type="checkbox"/>	Protein bars, granola bars, crackers, cereal, and trail mix
<input type="checkbox"/>	Powdered milk
<input type="checkbox"/>	Canned juice
<input type="checkbox"/>	Drinking water – 1 gallon minimum or 3 gallons recommended per person per day
<input type="checkbox"/>	Purification tablets for drinking water
<input type="checkbox"/>	Other
<input type="checkbox"/>	Personal Care and Sanitation
<input type="checkbox"/>	Prescription medication to last 3 days
<input type="checkbox"/>	Aspirin, Tylenol, and ibuprofen
<input type="checkbox"/>	First aid kit
<input type="checkbox"/>	Extra contact lenses or spare pair of glasses
<input type="checkbox"/>	Hygiene products (soaps, shampoo, lotions, deodorant, toothbrush, toothpaste, feminine products)
<input type="checkbox"/>	Rolls of toilet paper and boxes of tissue
<input type="checkbox"/>	Enough diapers to last 3 days
<input type="checkbox"/>	Trash bags for personal use
<input type="checkbox"/>	Sanitation water – store large containers of tap water that you can use for dishes, washing yourself, and flushing the toilet
<input type="checkbox"/>	Other
<input type="checkbox"/>	Miscellaneous Tools and Supplies
<input type="checkbox"/>	A can opener (if any of your canned foods require it)
<input type="checkbox"/>	Pocket knife

<input type="checkbox"/>	Battery powered clock-radio with spare batteries
<input type="checkbox"/>	Flashlights with spare batteries
<input type="checkbox"/>	Candles or battery operated lanterns
<input type="checkbox"/>	Lighter and/or matches (preferably waterproof)
<input type="checkbox"/>	Wrench to turn off gas
<input type="checkbox"/>	Alternate source of heating (e.g. long burning logs if you have a fireplace)
	Personal Records and Emergency Funds <i>(should be stored in a waterproof bag preferably in a safe)</i>
<input type="checkbox"/>	Insurance policies
<input type="checkbox"/>	Birth certificates
<input type="checkbox"/>	Marriage license
<input type="checkbox"/>	Wills
<input type="checkbox"/>	Vaccination and medical records
<input type="checkbox"/>	Extra cash
<input type="checkbox"/>	Emergency credit card
	Comfort and Stress Management Supplies
<input type="checkbox"/>	Games and/or toys for entertainment
<input type="checkbox"/>	Comfort foods such as types of candy bars or other types of comfort snacks
<input type="checkbox"/>	Special blankets or stuffed toys
	Pet Care Supplies
<input type="checkbox"/>	Food and water to last 3 days
<input type="checkbox"/>	Pictures and descriptions of all pets in case they become lost.
<input type="checkbox"/>	Pet vaccination records
<input type="checkbox"/>	Pet medications
<input type="checkbox"/>	Phone numbers and addresses of boarding facilities

- **When at school:**

When our children are asked to shelter-in-place at school it will typically be for just a few hours. Things we should consider are:

<input type="checkbox"/>	Make sure that the school nurse or other appropriate staff knows of all the medications our children take and the medication schedule.
<input type="checkbox"/>	We need to talk with our children on the importance on following teacher's instructions during an emergency drill or actual event.
<input type="checkbox"/>	Our children's schools should have a current emergency plan in place however, it is a good idea to call the school for confirmation.

- **When in a vehicle:**

When traveling in a vehicle we may need to shelter-in-place when severe weather makes driving conditions unsafe or when special alerts and warnings are broadcast by radio from local officials. It could take up to several hours for severe weather to pass so it is important that we keep an emergency kit in our vehicles at all times. A vehicle emergency kit should include the following:

<input type="checkbox"/>	Water (2 liters per traveler)
<input type="checkbox"/>	Purification tablets for drinking water
<input type="checkbox"/>	Meal replacement bars or other non-perishable food

<input type="checkbox"/>	Any necessary medications
<input type="checkbox"/>	First aid kit
<input type="checkbox"/>	Flashlight with extra batteries
<input type="checkbox"/>	A space blanket (warm blanket that folds down to a very small size – these can be found at any outdoors/sporting goods store)
<input type="checkbox"/>	Triangle reflectors or flares
<input type="checkbox"/>	Booster cables
<input type="checkbox"/>	A shovel for digging out of the snow