

Sheltering

Effective sheltering protects you and your family from hazardous elements and temperatures.

If you lose utilities in COLD weather, create WARM rooms



- Keep windows clear and clean during the day for as much sunlight as possible
- Insulate windows with clear plastic during the day and with curtains or blankets at night
- Make a warm room within a room. Use small tents, blankets, couch cushions, etc.
- Cover doors, under doors and other openings with blankets or towels isolating room from the rest of the house. Have ventilation, especially if using heaters
- Get cozy with the family and use body heat to keep each other warm. Sleep inside the same bed or sleeping bag
- Vent the room for fireplace, wood-stove or space heater
 - -Remember the dangers of Carbon Monoxide (CO)
 - -Don't use fuel burning camp equipment indoors
 - -Don't use gas appliances like the oven, stove or dryer to heat your home
 - -Don't use gas powered tools indoors (generators, etc)

If you lose utilities in **HOT** weather, create **COOL** rooms

- Choose lower level, north facing rooms limit sun exposure
- Close windows and doors during the day. Cover with wet blankets or curtains to promote evaporative cooling
- Put foil or Mylar blankets directly on windows. Leave no space between the foil and glass
- Limit activities during the hottest part of the day. Use extreme caution in areas with high humidity where sweating is not as effective
- Open high level windows at night to let the rising hot air out
- Put mattresses directly on the floor. Cooler air is on the ground
- Sleep in wet sheets & clothing to promote evaporative cooling on yourself and in the room

✓ Make a Plan ✓ Get a Kit ✓ Be Informed ✓ Get Involved
For more preparedness information: BeReady. Utah.gov







Shelter-In-Place (SIP)

Hazardous chemical and biological incidents are unfortunately a very real possibility within our modern society. In the event of an airborne biological or chemical hazard, if you are unable to evacuate, you can shelter-in-place (SIP) with your family until the hazard blows through, usually in a matter of hours.

Prepare in Advance

Select a SIP Room

- An upstairs, interior room is preferable since many chemical hazards are heavier than air
- Choose a single room large enough to hold air for all members of your family, including pets

Get a SIP Kit

- 4 mil or thicker, clear plastic sheeting Precut and labeled to cover doors, windows, vents, and light fixtures
- 2 rolls medium grade or better duct tape To tape sheeting in place and cover all electrical outlets, plumbing, and other areas where air can seep in
- Battery operated AM/FM radio
- Bottled water, ready-to-eat food, and blankets to last a few hours
- Mobile phone
- Flashlight DO NOT use candles or open flames
- Porta-Potty If you chose a restroom as your SIP room, don't flush the regular toilet. It displaces valuable air
- Personal medications Any medical items that are essential to survive for a few hours
- Books, games, or other diversions
- Step stool or ladder as necessary To reach ceiling fan, vents, or other out-of-reach places

Cover all doors, windows and vents with 4 to 6 mil. thick plastic sheeting

Cut the plastic sheeting several inches wider than the openings and label each sheet

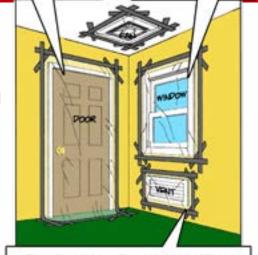
When the Emergency Happens

- 1. Go inside
- 2. Close and lock doors and windows
- 3. Turn off HVAC systems
- 4. Take family into the preselected SIP room
- 5. Seal doors, windows, vents, and other openings with precut and labeled plastic sheeting and duct tape
- 6. Turn on the AM/FM radio and listen for further instructions
- 7. Leave your SIP room when instructed

Typical duration is hours, not days!

- 8. Ventilate your house
- Remember access and functional needs family members and neighbors in your shelter-in-place plans.

Prepare beforehand and practice shelter in place procedures. You may not have time in a real emergency to learn by trial and error.



Duct tape plastic at corners first, then tape down all edges

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