



## Shelter-in-Place During a Chemical or Radiation Emergency

One of the instructions you may be given in an emergency is to shelter-in-place. This means you should stay indoors until authorities tell you it is safe or you are told to evacuate.

- Select a small, interior room, with no or few windows.
- Close and lock all windows and exterior doors.
- Turn off all fans, heating and air conditioning systems. Close the fireplace damper.
- Bring your family **disaster supply kit** into the room and make sure the radio is working.
- Bring your pets into the room.
- It is ideal to have a hard-wired telephone in the room you select (cellular telephone equipment may be overwhelmed or damaged during an emergency).
- Use duct tape and plastic sheeting (heavier than food wrap) to seal all cracks around the door and any vents into the room.
- Listen to your radio or television for further instructions or updates.

If you are in your car, close windows and turn off vents and air conditioning.

## Dialysis Patients

### Remember the “3 + C’s” in the Event of a Disaster



- 3 Day Emergency Diet Plan
- Carry Red Cross Emergency Contact Card
- Clamp and Disconnect Procedure
- Clinic’s Disaster Hotline Number: \_\_\_\_\_