

# Sheltering

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

## If you lose utilities in **COLD** weather, create **WARM** rooms



- Choose higher level, low ceiling, south facing rooms with direct sunlight
- 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](http://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



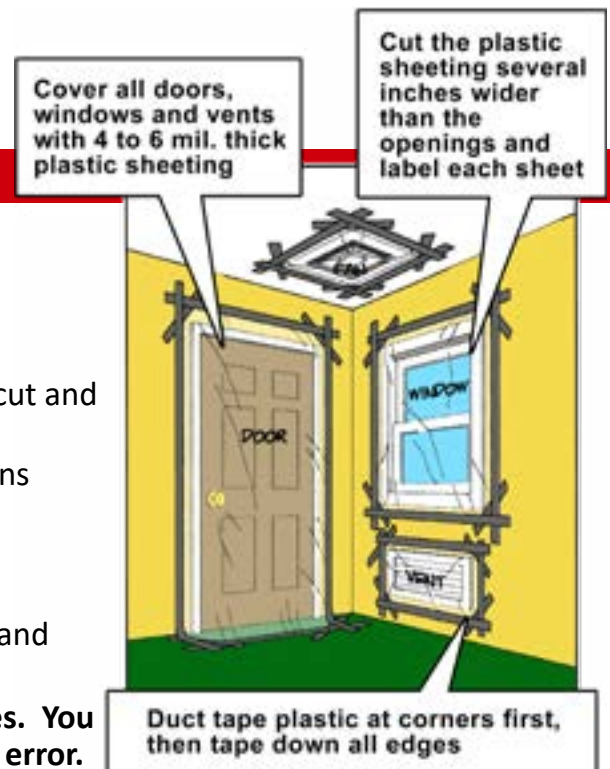
## When the Emergency Happens

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.**



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