

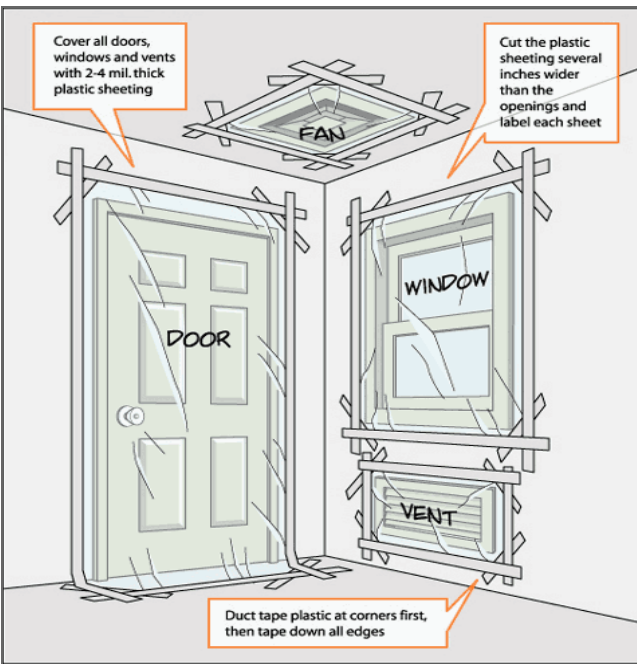
SHELTER In Place (SIP) DURING AN EMERGENCY

What is SIP?

What do I do?

What do I need?

How do I prepare?



- Bring your family and pets inside.
- Lock doors, close windows, air vents and fire-place dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Seal all windows, doors and air vents with 2-4 mil. thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Cut the plastic sheeting several inches wider than the openings and label each sheet.
- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.

Authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as they become available.

www.ready.gov/shelter

**SUFFOLK FIRE & RESCUE
OFFICE OF EMERGENCY MANAGEMENT
300 Kings Fork Road
Suffolk, VA 23434**

What is SIP?

Shelter In Place is a **short term** way to protect yourself in the event of an emergency in a predetermined room in your home, school or worksite.

Why would a SIP be Issued?

- Chemical Release
- Biological Attack
- Wild Fires
- Nuclear Release
- Weather Emergencies
- Law Enforcement Activity

This is a precaution aimed to keep you safe while remaining indoors.

How do I prepare?

Choose a room in your home to serve as a "Shelter Room" with minimal doors and windows.

Determine how to quickly shut off all air moving equipment in your home to include: heating, air conditioning, exhaust fans, etc.

Assemble a home SIP kit with the items listed, in this brochure and other emergency numbers.

Sign-Up for the City's emergency telephone notification system to ensure you will receive SIP messages. You can do so by going to the City's website and click on the Suffolk On The Alert icon or by calling the Emergency Management office at: 757-514-4570. Website: <http://www.suffolkva.us/em/>

The SIP situation in your area may involve unique circumstances. It is imperative that you follow the instructions of your local officials explicitly in the event of a SIP emergency. Contact the Suffolk Emergency Management Office for more details at 757-514-4570. Website: <http://www.suffolkva.us/em/>

What is SIP for a Chemical Release?

"Shelter In Place" (SIP) instructions may be given in an emergency where hazardous materials may have been released into the atmosphere. This is a *temporary* precaution aimed to keep you safe while remaining indoors. (*This is not the same thing as going to a shelter in case of a storm.*)

If you are told to SIP take yourself and anyone near you inside an enclosed structure (preferably to a pre-identified "shelter room."). If you can not reach your shelter room, go inside or to your vehicle, anywhere ventilation can be secured will provide limited protection. If you know of an invalid or unattended person in your neighborhood, call them and tell them to remain indoors. Keep any and all pets inside.

Evacuation may be an appropriate precaution during a flood or hurricane, but you should NOT attempt an evacuation during a chemical emergency unless specifically directed to do so by emergency officials.

Even a poorly sealed building or vehicle provides some protection against chemical vapors. If you are inside a vehicle, close your vehicle's doors and windows, and turn off the vehicle's air conditioning and ventilation system.

What do I need?

A **HOME SIP SUPPLY KIT** should include the following items:

- ✓ Emergency Contact Numbers.
- ✓ First Aid kit and required medications.
- ✓ Battery operated/hand crank AM/FM radio. (NOAA Weather Radio)
- ✓ Cell Phone and charger.
- ✓ Laptop computer or other internet capable device.
- ✓ Flashlight and extra batteries.
- ✓ 5 Gallon Bucket and trash bags.
- ✓ Bath-size towel (for wetting and placing at the bottom of doors.)
- ✓ Wide tape (i.e. duct tape).
- ✓ Plastic sheeting (i.e., drop cloth, window plastic, etc.). Should be pre-cut to the size of the openings that need to be closed off in your shelter room.
- ✓ Canned food, other ready-to-eat food, and bottled water.
- ✓ Non-electric can opener.

Store your kit in a convenient and secure location known to all family members. Stored water and food should be replaced every six months.

There may be situations when it's simply best to stay where you are and avoid any uncertainty outside.

Create a barrier between yourself and potentially contaminated air outside, a process known as "sealing the room," is a matter of survival.

Use common sense and available information to assess the situation and determine if there is immediate danger.