

# Make an Emergency Kit

## Here are some items to include:

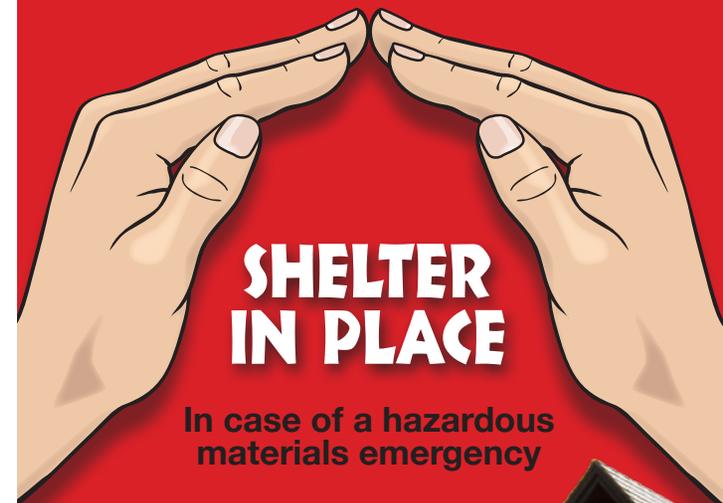
- “Special Needs” items for family, formula and supplies for infants, items for older people or those with disabilities.
- First aid supplies.
- Prescription medications.
- Flashlight, battery-powered radio, and spare batteries.
- Water and food. A gallon of water per person per day. Canned and dried foods are easy to store.
- Plastic sheeting, duct tape, and towels.
- Tools (hammer, screwdrivers, manual can opener, scissors, garbage bags).
- Cell phone if available.
- Sleeping bag and extra shoes.
- Cash or travelers checks.
- Pet supplies.
- Reading materials (games if kids are present).



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Hazardous Materials Emergency Preparedness Grant  
(HMEP)



[www.oregon.gov/OSP/SFM](http://www.oregon.gov/OSP/SFM)



## A guide to seeking shelter in your home



Should an airborne chemical release occur in your community, outside air quality may be affected. It may be unsafe to be outside or to attempt to evacuate. Generally it is safer to Shelter in Place until the wind disperses and moves the chemical away.

## What is Shelter in Place?

One of the instructions you may be given in an emergency where hazardous chemicals have been released into the atmosphere is to Shelter in Place. This is a precaution aimed to keep you safe by remaining indoors. Shelter in Place means selecting an interior room, with no or few windows, and taking refuge there. It does not mean sealing off your entire home.

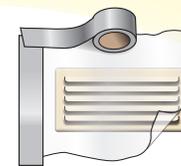
## When Should I Seek Shelter?

Instructions on when to Shelter in Place will come from your local authorities. Information on what to do to protect yourself and your family will be available on television, radio, or the internet.

Knowing how to Shelter in Place and following the instructions of local authorities are important in the case of an emergency.

# How Do I Shelter in Place?

Stay calm and bring children and pets indoors immediately.



Use duct tape and plastic sheeting or wet towels to seal doors, windows, vents, and exhaust fans.

Close and lock all doors, windows and fireplace dampers.



Turn off all fans, heating and air conditioning systems.



Listen to the radio or TV for emergency instructions until you are told all is safe.



Use the phone for emergencies ONLY.



Gather disaster supplies and battery-powered radio.



Go to an interior room without windows if possible. Avoid seeking shelter in basement areas, as some chemicals are heavier than air and may seep into the basement.

If you have symptoms of exposure or another emergency call 9-1-1 immediately. DO NOT call 9-1-1 for information.

