



Shelter-in-Place, Evacuate and Decontamination Instructions

4S' to Shelter-in-Place

In an emergency where harmful agents are in the air and evacuation is too dangerous, you may be told to go indoors and 'Shelter-In-Place.' Follow the 4S' to shelter-in-place at home, work or school.



Shelter

Get inside with people and pets.



Shut

Shut and lock all windows and doors. Shut off your furnace, air conditioning and any other fans or vents that vent outside (e.g. fireplace dampers, stove and bathroom fans).



Seal

Find an interior room above ground and seal it. Using tape and plastic is preferred but damp clothes can be used as an alternative.



Stay

Stay tuned in to local radio or TV stations for more information. Stay inside until authorities advise you it's safe or direct you to evacuate. Try to stay off the phone lines to allow emergency calls to get through.



Shelter-in-Place Kit Requirements

- Plastic sheeting
- Duct tape
- Bath towels
- Blankets
- Radio (battery or windup)
- Clock (battery or windup)
- Bottled water
- Snack food
- Flashlight
- Extra batteries
- First-Aid supplies

Follow PPLL to Evacuate

In an emergency there may be conditions under which you will decide to get away or there may be situations when you are ordered to leave. Follow the steps of PPLL to evacuate safely.



1. Plan

- Plan where you are going. Ideally, your family has already planned in advance for an alternative place to stay (e.g. cottage, relatives or friends place) in case of an emergency.
- Plan for pets. It is best to evacuate them in a carrier with you. Note: Pets are not allowed in some emergency shelters, so plan in advance for a pet-friendly location.



2. Pack (if time permits)

- Personal documents
 - license
 - health card
 - SIN card
 - debit and credit cards
 - birth certificates
 - passport
 - insurance papers
 - wills/power of attorney
 - mortgage/deed/lease
- Supplies
 - medications
 - assistive medical devices (e.g. cane, wheelchair)
 - baby formula and diapers
 - cell phones and chargers
 - bottled water
 - snack food
 - pet food
 - extra clothes



3. Lock Up

Lock your doors and windows before leaving. Your utilities (e.g. water, hydro, gas) do not need to be turned off unless you are directed to do so or they have broken and it is safe for you to turn them off (e.g. water leak).



4. Listen

- Listen to directions from authorities.
- Listen to local radio or TV stations for more information. Do not re-enter your home until authorities have told you it is safe to return. Try to stay off the phone lines to allow emergency calls to get through.

Decontamination Instructions

In most cases, authorities will let you know if a dangerous agent has been released and will tell you what to do. However, if you think you have been exposed to a harmful agent but you have not heard from authorities, you can follow these steps to decontaminate.

1. Remove

Remove all clothing and accessories. Using gloves, tongs, tool handles, sticks, or similar objects, put all items in a plastic bag and then into another plastic bag (i.e. double bag). Important items such as keys, wallets and wedding rings can be put in separate bags. Items used to put the contaminated items into the bags should also be bagged. All bags should be labelled with your name.



2. Wash

Shower yourself thoroughly for at least 15 minutes using lots of soap and warm water. Rinse eyes with water for 15 minutes if they are burning or you have blurred vision. Contacts should be removed and bagged also. Eye glasses can be washed with soap and water and reused.



3. Dress

After you have disposed of contaminated clothing and washed yourself, find and dress yourself in clothing that is not contaminated. Clothing that has been stored in drawers or closets is unlikely to be contaminated.



4. Avoid

Avoid contact with contaminated items and other people who may have been exposed but who have not yet changed their clothes or washed. Repeat steps 1-4 if you become contaminated again.



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