

Shelter in Place

If local officials ask you to shelter in place, they are asking for you to remain inside a secure location such as your home, school, or workplace to protect yourself and your loved ones. This could occur due to an emergency such as a natural disaster or an accident or attack. The following information will help you in case you ever find yourself having to shelter in place.

Get Inside & Stay Inside

- Get inside. Bring your loved ones, your emergency supplies, and your pets inside.
- Find a safe spot in this location, which will depend on the type of emergency.
- Stay put in this location until local officials say it is safe to leave.

Stay Communicated

- Call or text your emergency contact and family. Let them know where you are, if anyone is missing, and how everyone is doing.
- Only use your phone as necessary. Keep it handy in case you need to report an emergency.
- Listen to your radio, television or phone for instructions and updates. Do not leave shelter until the appropriate authorities say it is safe to do so. Follow their instructions especially if they say you need to evacuate the area.

Reference: Centers for Disease Control and Prevention (2017).
Stay put – learn how to shelter in place. <https://emergency.cdc.gov/shelterinplace.asp>

For more information about sheltering in place, disaster and emergency preparedness, visit:

Centers for Disease Control and Prevention: Emergency Preparedness and Response

<https://emergency.cdc.gov/shelterinplace.asp>

Checklist

As a tool to help you prepare, please see the checklist included in this pamphlet. Remember you need to stay safe to give your loved one the best chances to be safe.

By Caregiver Resource Center OC

Floods, earthquakes, tornados, snowstorms . . . wherever you live, there likely exists the potential for a variety of natural disasters that can create an emergency situation. When you're caring for a loved one, it's times like these that you'll be thankful for having prepared for such a situation.

Please use this checklist to organize your emergency preparations.

QUESTION	Yes	No	Comments
Do I know the most important disaster issues for the area where I live (earthquakes, floods, etc.)?			
Do I know how I should respond to a disaster that might strike with little or no warning?			
Do I know the recommended evacuation route if there were an evacuation order?			
What are my transportation options?			
Where is the nearest shelter?			
Do I know where the shut off valves to my home are? Do I know how to shut them off? If special tools are needed, do I have them? Do I know where they are?			
Do I have an emergency contact person who lives out of the area? Do my relatives or close friends know who this person is?			
Do I know my neighbors in case we need to help each other in an emergency?			
If I'm receiving home health services, have I discussed emergency procedures with the provider?			
If I have special needs, do I have a plan for dealing with them in an emergency? (Mobility, medical equipment, incontinence supplies, others)			
If I live in a senior community, am I familiar with its emergency planning and procedures?			