Shelter in Place: Protecting Yourself at Home or Work

In the event of a radiological, chemical, or biological emergency, authorities may direct you to SHELTER IN PLACE or EVACUATE. The term "Shelter In Place" means remaining inside your home or place of work and protecting yourself there. During a health emergency, you may be asked to stay at home to stop the spread of a disease.

If emergency officials advise you to Shelter In Place:
1. Stay calm, you may be asked to:
2. Bring children and pets indoors immediately. (For health emergencies like pandemic flu, one will not be asked to do all those other things necessarily.)
3. Close and lock all windows and outside doors.
4. Turn off all fans, heating and air conditioning systems, close exterior doors and windows.
5. If you have a fireplace, close the damper.
6. Gather your disaster supplies and battery powered radio.
7. Go to an interior room, ideally without windows. In case of a chemical threat, a room above ground is preferable because some chemicals are heavier than air and may seep into the basement.
8. Listen to the radio or TV for emergency instructions and Shelter In Place until you are told all is safe.

Important
PUBLIC HEALTH AND PUBLIC SAFETY PHONE NUMBERS

The following are numbers for disaster and emergency related help and information.

Morris County Office of Health Management - 973-631-5484
Morris County Office of Emergency Management - 973-285-6600
Morris County Sheriff’s Office - 973-285-6600
Morris County Prosecutor’s Office - 973-285-6200
New Jersey Department of Health & Senior Services Communicable Disease Service - 609-586-7500
New Jersey State Police - 609-882-2000
American Red Cross of Northwest New Jersey - 973-538-2160
NJ Poison Information & Education Systems - 1-800-222-1222
NJ Mental Health Helpline - 1-877-294-HELP
2-1-1 First Call for Help - Dial 2-1-1 or 1-800-435-7555

Please contact your city government about your Community Emergency Response Team (CERT).

Call 9-1-1 in the event of a serious, life-threatening emergency.

Your Own Important Numbers
Write down important numbers and keep them close. These include friends and family home and cellular numbers, your doctor or clinic, and your child’s school.

Your Municipal Health Department:

Evacuation: Prepare a "Grab and Go" EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case you’ll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It’s a good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you’ve decided on two alternative plans to meet in case you become separated.

T

This Guide offers information about those that are large-scale disasters, specifically public health emergencies, and acts of terrorism involving nuclear (radiological), biological, and chemical agents.

If such a disaster occurs, you may be asked by authorities to take one of two different actions: SHELTER IN PLACE (remain in your home or workplace), or EVACUATE (leave your home or workplace). In either case, it is important that you and your family have an EMERGENCY PREPARATION PLAN.

The American Red Cross provides all the information you need to make your Emergency Preparation plan. You can call the Red Cross of Northwest NJ at 973-338-2160 or visit their Web site at redcross.org. In the meantime, it makes good sense to put together some emergency supplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries.
- A first aid kit, including emergency medications.
- A cell phone (make sure it’s charged).
- Stored water in sealed unbreakable containers—1 gallon for each person for each day up to one week. Water should be replaced every six months.
- A water purification kit in the event you can’t boil water if a “Boil Water Order” is issued by health and safety officials.
- A one week supply of food that doesn’t need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers.
- Add a shovel, booster cables, fire-a-flat, and flares for your car.
- A battery powered or wind-up radio.
- Flashlights with fresh batteries.
- A first aid kit, including emergency medications.
- A cell phone (make sure it’s charged).
- Stored water in sealed unbreakable containers—1 gallon for each person for each day up to one week. Water should be replaced every six months.
- A water purification kit in the event you can’t boil water if a “Boil Water Order” is issued by health and safety officials.
- A one week supply of food that doesn’t need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers.
- Add a shovel, booster cables, fire-a-flat, and flares for your car.

When Your Child is at School

Every school has an emergency plan that includes evacuation destinations. Call your child’s school now when your child can be picked up, so make certain the school has a way to find the location and write it down here:

- Water should be replaced every six months.
- A water purification kit in the event you can’t boil water if a “Boil Water Order” is issued by health and safety officials.
- A one week supply of food that doesn’t need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers.
- Add a shovel, booster cables, fire-a-flat, and flares for your car.

Also, find out what you or a designated person will need to provide in order to pick up your child.

In the event of an evacuation, you will be notified by school officials where and when your child can be picked up, so make certain the school has a way of reaching you. Radio or television stations may also carry instructions. Finally, make sure your child has identification and phone numbers to reach family or friends.

Important
PUBLIC HEALTH AND PUBLIC SAFETY PHONE NUMBERS

The following are numbers for disaster and emergency related help and information.

Morris County Office of Health Management - 973-631-5484
Morris County Office of Emergency Management - 973-285-6600
Morris County Sheriff’s Office - 973-285-6600
Morris County Prosecutor’s Office - 973-285-6200
New Jersey Department of Health & Senior Services Communicable Disease Service - 609-586-7500
New Jersey State Police - 609-882-2000
American Red Cross of Northwest New Jersey - 973-538-2160
NJ Poison Information & Education Systems - 1-800-222-1222
NJ Mental Health Helpline - 1-877-294-HELP
2-1-1 First Call for Help - Dial 2-1-1 or 1-800-435-7555

Please contact your city government about your Community Emergency Response Team (CERT).

Call 9-1-1 in the event of a serious, life-threatening emergency.

Your Own Important Numbers
Write down important numbers and keep them close. These include friends and family home and cellular numbers, your doctor or clinic, and your child’s school.

Your Municipal Health Department:

Evacuation: Prepare a "Grab and Go" EMERGENCY KIT

In some emergencies, you may be asked to evacuate. In that case you’ll want an easy-to-carry container, like a backpack or duffle bag, with adequate emergency supplies in a convenient location. It’s a good idea to keep some cash in your emergency kit. Also, be sure that everyone in the family has a list of important phone numbers and that you’ve decided on two alternative plans to meet in case you become separated.
How to Get Information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. In some instances, the Emergency Alert System may be activated. Specific emergency instructions will be broadcast by:

Television:
- CHANNEL 12 NJ-CABLEVISION
- WMBC TV 63

Radio:
- WFME 94.7 FM
- WGTN 1060 AM
- WMTR 1250 AM

Emergency instructions will provide information on whether it is safer to evacuate your home/workplace or whether you will be better protected by Shelter In Place. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

What Not to Do in an Emergency

Do NOT
go to the hospital except in the case of a medical emergency.
Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak. Also Do NOT use a regular phone.
Cell phones and sealed flashlights may be safe to use.
Do NOT turn on any utilities unless you have been told by emergency authorities—or unless you know there has been some damage to gas piping, water pipes, or electrical lines.
Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.
Do NOT call 9-1-1 except in the case of a life threatening situation. It is very important to keep these lines open for true emergencies.

Helpful Web Sites

Morris County OEM ........................................www.morrisoem.org
MC Prosecutor’s Office ................................www.morristinjpro.org
NJHSS .......................................................www.state.nj.us/health
NJ Homeland Security ........................................www.njhomelandsecurity.gov
American Red Cross of Northwest NJ ........................................www.redcross.org
Centers for Disease Control and Prevention ........................................www.cdc.gov

We’re working around the clock to protect your health and safety. Our work includes health promotion, disease prevention, and serving as one of the front line team of agencies responding in the event of terrorism. To learn more, visit us at www.morrishealth.org or call 973-631-5484.