

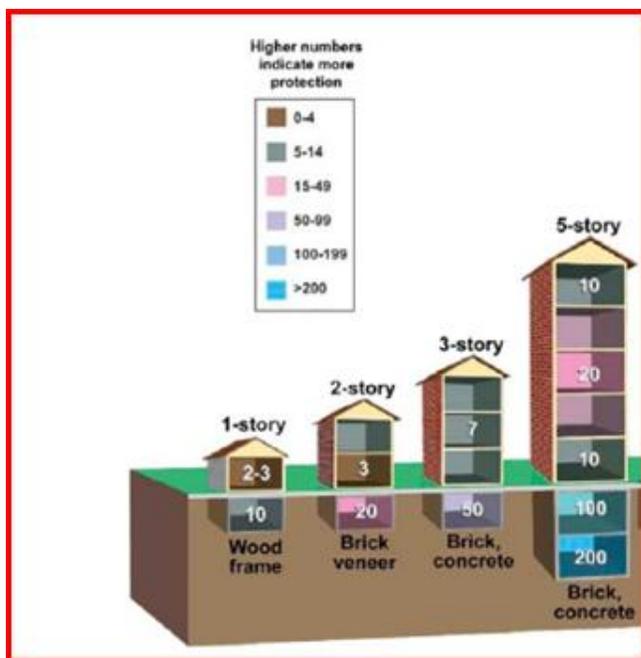
## **Sheltering Tips** *Mary Lampert, Pilgrim Watch*

In a radiological emergency, what will happen? If you are within the official 10-mile Emergency Planning Zone (EPZ) sirens will sound and officials will direct the public, over the Emergency Alert System (EAS), to either shelter-in-place or evacuate. If you are outside the EPZ, you will be alerted over the EAS, or absent that hear about the accident by another source. Whether you are inside or outside the EPZ, familiarize yourself about what to do if sheltering is the best response for you and your family.

### **What to Do to Shelter-In-Place to Reduce Exposure to Harmful Radiation**

1. If you are in a building when the call comes to shelter, stay there; if you are outside or in a car, go immediately inside.
2. Once inside, close all doors and windows.
3. Turn off all window fans, clothes dryers, kitchen and bath exhaust fans, air conditioners, and other sources of outside air.
4. Go to basement or lowest level possible -if the shelter location is below ground level, sitting against or close to the exterior wall is ideal. If above ground level and room has exterior walls, sitting away from the exterior wall is preferred.
5. Stay away from all windows – glass will not protect you. An interior space is preferable to a room with windows. If you must be in a room with windows, sit on floor – below window level.
6. Bring a radio with you. Listen to your Emergency Alert System radio station- WATD 95.9 FM, WBMX 98.5 FM, WPLM 99.1 FM or 1390 AM.
7. Stay inside until officials say otherwise.
8. When the call to shelter ends and you go outside, cover your nose and mouth with a 3 M type mask (available online or a hardware stores) or folded damp cloth and cover all exposed skin.
9. Don't forget to take Potassium Iodide (KI) – it should be taken before or as soon as possible after exposure. One pill protects for 24 hours.
10. Animals: Keep pets indoors; if you have livestock, shelter them too and give them stored feed and water from a covered source.

### **Where to Shelter Inside a Building**



A dose factor of 10 for example means that a person in that area would receive 1/10 of the dose of a person outside.

[Source: EPA Protective Action Guidance for Radiological Incidents, March 13, 2013]

### **Cars**

- If you are traveling by motor vehicle in an affected area, close the windows and systems that let in outside air – vents, air conditioner, and heat.
- Your car provides little to no protection, seek shelter inside a building.

### **Schools**

- If sheltering-in-place is recommended during school hours, children will be sheltered right in the school building, in spaces that should be analyzed beforehand for maximum dose reduction.
- Schools should be locked until officials cancel the shelter-in-place emergency call.

### **Public Shelters**

- If the call is to shelter and you are home, you should stay there. If you are away from home go to the nearest building to shelter.

### **Prepare ahead of time**

- Familiarize your family with the location of your town's Public Shelters.
- Prepare a kit and store it in your home shelter location – water, batteries, flashlight, portable radio, 3M type masks, potassium iodide (KI).
- Discuss emergency plans with all members of your family so everyone knows what to do.