

# **In Home Sheltering**

## **To Stay Safe Following a Local Chemical Spell or Bioterrorism**

by Dustin Johnson

### **Choosing and Sealing A Safe Room**

- Pick a room with few, or if possible, no windows. Higher stories are better because chemical agents sink.
- If possible, pick a room with water, toilet and a phone.
- Set aside plenty of duct tape for sealing, doors, windows and vents.
- Prepare a 72 hour Go Pack and keep it in the room.
- Keep inexpensive breathing filters in the kit, rated at N95 or better for each family member.
- Have games (to avoid stress), snacks, and water packed with your supplies.
- A battery operated radio should be in your kit.
- Store these supplies in a bag under your bed or some other place in your room that's easy to access.

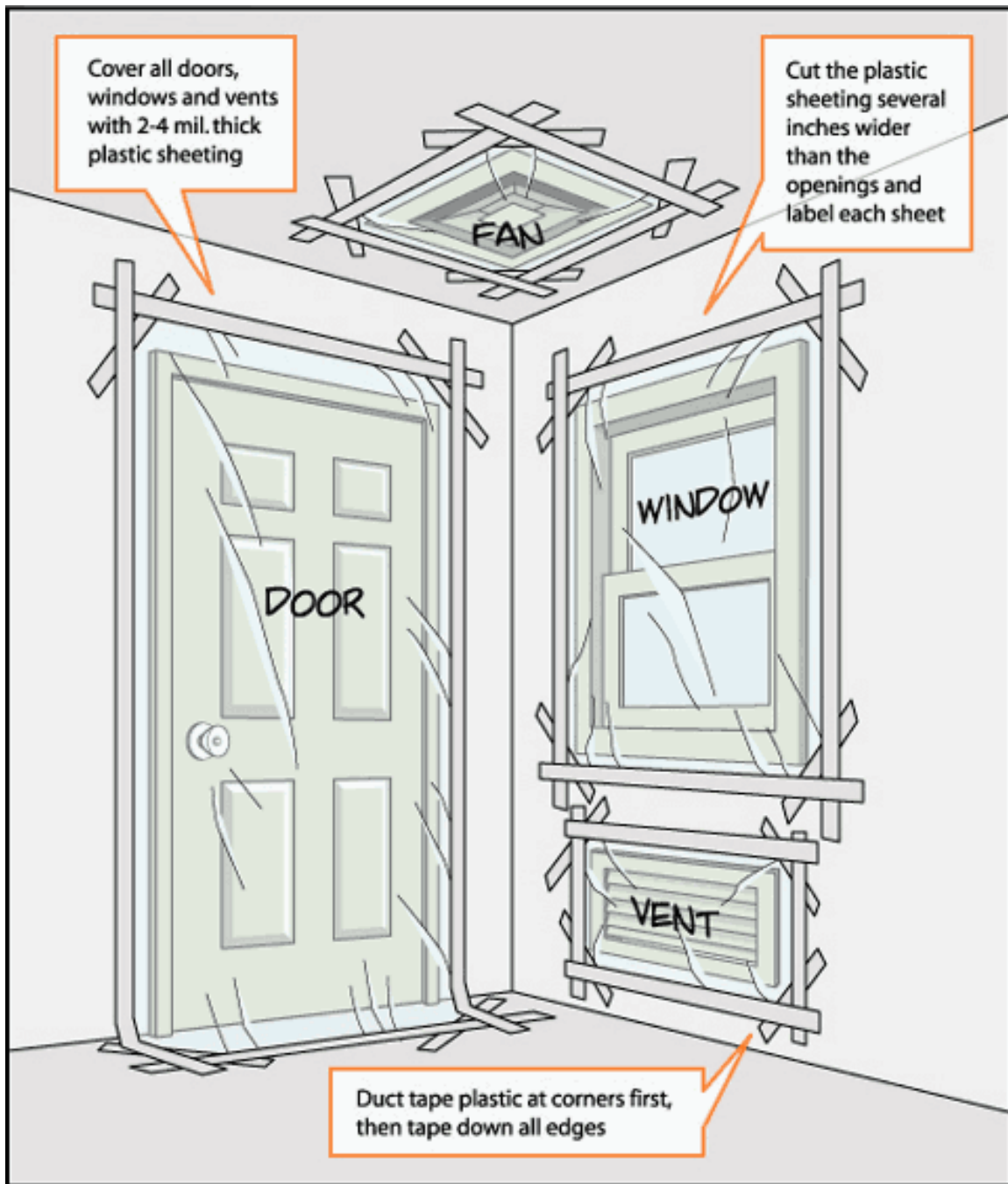
### **How to Prepare the Sealed Room**

To seal a room in due to a bio-chemical emergency, first shut off all forced air flow or circulation into the house (heat, air, attic fans, ceiling fans, etc.). If your home is heated with gas or uses gas appliances, shut off the gas. Get into room that is to be sealed, and take your gas mask with you if you have one. In the selected room, run sturdy duct tape along any windows where the glass joins the sill, where the sill meets the frame, and over all window seams and joins.

- Seal all windows, rooms and air vents in one room with 2-4 mil. thick plastic sheeting and duct tape. You might want to measure the plastic sheeting in advance to save time.
- Cut the plastic sheeting at least six inches wider than the openings and label each sheet.
- Seal all edges of plastic to the wall so that no air is moving in or out of room.

When all the members of the family have entered the room, complete the sealing of the room by using adhesive tapes between the door and the frame and between the frame and the wall. The space between the door and the floor should be covered with a wet towel. I'd pack that in firmly and seal it with duct tape as well.

Within two or three hours, you should take down the plastic and duct tape and air out the room. **You can suffocate if you keep the room tightly sealed for more than five hours.** The larger the room, the more air available to breathe.



- During and after a release of radioactive materials, local, state and federal authorities will watch the levels of radiation and tell you what you should do to protect yourself.
- The best action will depend on the emergency. Tune to your local TV, radio stations and Internet for information and instructions during any emergency.