



# Emergency Preparedness & Response: Learn How to Shelter-In-Place

When authorities give instructions to shelter-in-place, they want people to select a small, interior room, with few or no windows, and take refuge there. This means taking immediate shelter wherever they are — at home, work, school, or in between. It may also mean sealing the room to prevent outside air from coming in. In this type of emergency it is important to have access to communications and to understand what steps are needed to protect yourself and your family.

## Resources Are Available

Planning guides:

- [American Red Cross](#) — comprehensive fact sheet with instructions for what to do at work, home, school and on the road.
- [Centers for Disease Control and Prevention](#) — web page with tips for home and work and links to emergency numbers.
- [National Institute for Chemical Studies](#) — web page with links to business plan models, studies and research reports.
- [Ready.gov](#) — web page with links to guidelines and mass care shelter information.
- [US Department of Labor Occupational Safety & Health Administration](#) — Shelter-in-Place Protective Action Guide Book.

Emergency supply lists:

- [American Red Cross](#)
- [FEMA](#)
- [Preparis](#)
- [Ready.gov](#)

Videos:

- [FEMA](#)
- [Sheltering in Place - YouTube](#)