



# SHELTER IN PLACE



“Shelter in place” is the practice of going or remaining indoors where hazardous materials may have been released.

Shelter in place means selecting a small, interior room, with no or few windows, and taking refuge there, if possible. Chemical, biological or radiological contaminants may be released accidentally or intentionally into the environment. Should this occur, information will be provided by local Public Safety via normal media outlets (radio, TV or social media). It's important to follow local Public Safety instructions.

Below, you'll find directives you can prepare for and expect during a Shelter in Place order:

### Things to do:

- Go indoors and stay there. Do not leave the building until told to do so by local Public Safety
- Close all windows, outside doors and every door inside the building.
- Seal off any vents, including stove top vents.
- Turn off all fans, heating and air conditioning systems.
- Do not use fireplaces. Close all dampers.
- Do not operate clothes dryer.
- Shelter in an inside room away from windows and doors, and, if possible, an above-ground location because some chemicals are heavier than air.
- Stay tuned to local television or radio for information.

### Things to do for added protection:

- Seal the cracks around windows, vents and doorways with wide duct tape and plastic sheeting. A rolled-up damp towel at the floor space will help protect the bottom.
- If there is a window, tape a piece of plastic over the window to seal it.
- You can prepare ahead of time by cutting a piece of plastic to the window size and storing it and some tape in your shelter in place room.



## Disaster Risk Reduction

### Things to do if you are in a vehicle and encounter hazardous material release

If you're driving a vehicle and hear advice to "shelter in place" on the radio, take these steps:

- Move away from the "danger area" and avoid visible clouds, but understand a chemical may be colorless and odorless.
- Turn on your radio and follow all instructions from emergency services personnel. If it is a flammable material, you will be required to shut off your vehicle.
- Close all windows and air vents. Shut off the heater or air conditioner so that it is not blowing air.
- In most cases you are safer to drive from the area than to try and wait it out in a vehicle.
- If you cannot drive out of the "danger area", shut off your vehicle and wait with the radio on. Turn on your hazard lights and use your horn and headlights to attract attention.

## LOCK DOWN



A Lock Down is a procedure used when there is an immediate threat to the building occupants. In the event of a Lock Down, individuals would be instructed to secure themselves in the room they are in and not to leave until the situation has been curtailed. This allows emergency responders to secure the individuals in place, address the immediate threat and remove any innocent bystanders from immediate danger to a safe location.

### Procedures

1. Move immediately to the nearest room and get any others around you inside.
2. Lock and barricade the door.
3. Turn off the lights or maintain minimal lighting.
4. Cover all windows with blinds, curtains, etc..
5. Keep back from windows and doors.
6. Lie flat on the floor or take cover out of sight.
7. Turn off cell phones except to report injured people.
8. Keep calm and quiet.
9. Stay in the room until help arrives. Remember it may be several hours before you can be safely evacuated.

### What if fire alarm sounds?

- DO NOT respond normally during a lockdown as this may be a ploy by the intruder.
- Remain calm in your lockdown secure area, if safe to do so.
- In case of an actual fire, listen for and follow Public Safety procedures.



# COMMUNITY/GROUP SHELTER



Extreme temperatures can be dangerous! They can change quickly throughout the year and sometimes can drop too low or too high; posing risks to our health and well-being.

### The most vulnerable populations during extreme temperature events are:

- Elders
- Pregnant women
- Children
- People with limited mobility
- People with illnesses

## Extreme Cold

Typically, extreme cold is when temperatures fall below average for the area but can vary depending on where you live. Warnings are issued when temperatures pose a risk to the health of the community.

### Tips to Stay Safe:

- Stay hydrated, dehydration affects your body's ability to regulate temperature.
- Drink hot drinks throughout the day to help keep your body warm but avoid caffeine and alcohol.
- Never use a BBQ, oven, or stove to heat your home – they are all fire hazards and BBQs can cause carbon monoxide poisoning.
- Cover all exposed skin.
- Wear loose layers to keep warm and ensure your coat is waterproof and well fitted around the wrists.
- Wear boots that are waterproof, well fitted, insulated and have good tread to prevent slips and falls.
- Stay indoors at home, with a heat source.
- Try to have a backup source of heat, in case of power loss.
- If you don't have sufficient heating at home, tell someone. Consider staying with family or friends.
- Watch the weather. Tune into your local radio station or television network often to check the status of the weather. Check for weather alerts issued by Environment Canada.
- Keep an emergency kit including practical items such as drinking water, food, cash, and a portable radio. You should also include items that are unique to your own families' needs, such as baby items, medical prescriptions, pet food, etc.



## Disaster Risk Reduction

### Warming Centres

A warming centre is a location in your community that everyone can access where community member can come to warm up. The location for a warming centre could be a school gym, a recreation centre or any other large space that has an alternative heat and power source so that it can still function in the event of a power outage.

#### Equipment for a warming centre:

- Large capacity space
- Cots or chairs
- Food
- Cooking facilities
- Back up generator
- Alternative heat sources (space heaters, blowers, etc.)

Another option for a warming centre is to create several **smaller warming** centres in the buildings in your community that have **wood stoves**. Ensure that you establish before hand where those buildings are and if you might be allowed to use them.

### Extreme Heat

This is when temperatures reach a level that is above average for an area and therefore pose a risk to the health of the community. Heat can affect people in a number of ways some of the heat illness symptoms:

- Dizziness/fainting
- Nausea/vomiting
- Headache
- Rapid breathing/heartbeat

If you experience any of these symptoms during hot weather, move to a cooler location and drink cool liquids - WATER is best.

#### Tips to Stay Safe:

- Drink plenty of cool liquids, do not wait until you feel thirsty - water is the best choice.
- Avoid caffeine and alcohol – they can be dehydrating.
- Dress for the weather - wear loose fitting, light-coloured clothing made from breathable fabric.
- Keep your environment as cool as possible by:
  - + Blocking the sun by closing curtains or blinds during the day.
  - + If no air conditioner, open windows at night to let cool air into the home and use a fan during day to keep air circulating.
  - + Limit or avoid sun exposure.
- Reschedule or plan outdoor activities during cooler parts of the day – like early morning and early evening.
- Shade yourself by wearing a wide-brimmed, breathable hat or using an umbrella.
- Try to park your vehicle in the shade if possible.
- Use a sunscreen that is SPF 15 or higher.



## Disaster Risk Reduction

### Cooling Centres

A cooling centre is a location in your community that everyone can access where community members can come to cool down. The location for a cooling centre could be a school gym, a recreation centre or any other large space that has an alternative heat and power source so that it can still function in the event of a power outage.

#### Equipment for a cooling centre:

- Large capacity space
- Cots or chairs
- Food
- Cooking facilities
- Back up generator
- Air conditioning or fans and ice

Another option for a cooling centre is to create several **smaller cooling centres** in the buildings in your community that have **air conditioning or install portable units**. Ensure that you establish before hand where those buildings are and if you might be allowed to use them.