




# CREATE AN EMERGENCY KIT

## Items to include:

- ☐ Specialty items: formula and supplies for infants, items for older people or those with disabilities
- ☐ First aid supplies
- ☐ Prescription medications
- ☐ Flashlight, battery-powered radio, and spare batteries
- ☐ Food and water, a gallon of water per person per day
- ☐ Canned and dried foods
- ☐ Plastic sheeting, duct tape, and towels
- ☐ Tools (hammer, screwdrivers, manual can opener, scissors, garbage bags)
- ☐ Cell phone
- ☐ Sleeping bag and extra shoes
- ☐ Cash or traveler's checks
- ☐ Pet supplies
- ☐ Reading materials or games



## Contact Us

-  [Oregon.gov/OSFM](https://oregon.gov/OSFM)
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A guide to staying put during a hazardous materials incident.

# HOW DO I SHELTER IN PLACE?

## Why You May Need to Shelter in Place

If a dangerous chemical is released into the air in your area, it could make the air outside unsafe to breathe. Going outside or trying to leave the area might put you at greater risk. In most cases, it's safer to stay indoors until the chemical has moved away or the danger has passed.

## What Does "Shelter in Place" Mean?

If there's a chemical emergency, officials may tell you to "shelter in place." This means staying inside your home or another building to stay safe.

To shelter in place:

- Go to a room inside the building, away from windows if possible.
- Stay there until you're told it's safe to come out.

You do not need to seal up your entire home; just staying inside can protect you.

## When Should I Shelter in Place?

You will get instructions from local emergency officials on TV, the radio, or online if there's a need to shelter in place.

It's important to listen carefully and follow their directions to help protect yourself and your family.

