



Shelter-in-Place Guide for Emergency Managers

“Shelter-in-Place” is taking shelter or refuge at your current location (residence, business, public building etc.) from potential hazards or exposure to radiation.

Sheltering is a temporary protective action that can be implemented immediately. It provides equal or greater protection than evacuation for incidents depending upon the type of release, the shelter available, the duration of the plume phase, or weather conditions.

What Residents should do

If you have been notified to shelter-in-place (EAS -Emergency Alert System by radio, television, PA, etc.), follow the instructions given by local and state authorities.

Secure your location

- Stay calm - don't panic
- Go indoors and stay inside
- Close all vents, doors and windows
- Seal gaps with wet towels, plastic, wax paper, aluminum wrap or duct tape
- Turn off fans, air conditioning, furnaces, fireplaces or other systems that draw in outside air
- Use electrical sources for heating
- Below ground basements provide the best shelter
- Above ground interior rooms, away from windows, provide good protection

- Don't leave your shelter or evacuate unless told to do so
- Keep family and pets indoors
- Post a “NOTIFIED” sign for authorities

Secure your Health

- If you must go outdoors, limit your time to one hour or less, cover your nose and mouth with a wet cloth
- Upon returning indoors, remove clothing and place in a plastic bag and take a shower to remove any potential contamination
- Avoid eating home grown vegetables, fruits or berries; instead eat canned or prepackaged foods
- During sheltering, prepare items for possible evacuation of you and your pet(s)
- Ensure essential supplies are available (food, water, personal hygiene items, first aid kit, flashlight, portable radio, extra batteries, etc.)
- During a General Emergency, those in Prairie Island Nuclear Generating Plant's 10-mile EPZ may administer potassium iodide (KI) when directed and if available

Potassium Iodide (KI)

Potassium iodide is a supplemental protective action to support sheltering-in-place. Taken orally, KI protects the thyroid gland from exposure to radioactive iodine.

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School Children

Children in school will be sheltered-in-place and cared for through their school's emergency preparedness procedures.

Special Needs

Local emergency management officials should be notified in advance on sheltering-in-place for people with special needs. This includes the elderly, physically challenged, hearing impaired, blind or other needs.