

SHELTER-IN-PLACE (SIP)

Nuclear, Biological or Chemical contaminants may be released accidentally or intentionally into the environment. You will probably hear about this over the radio, internet or television with suggestions whether to evacuate or shelter-in-place, depending on your location. If emergency is threats of, or Acts of Violence, instead of sealing off your home, you will barricade your home, still taking shelter in an interior room as per instructions, especially kids. You need 50 sq. ft. floorspace per person, per 24hrs. to avoid CO2 poisoning. Bring extra plastic, tape and foam inside with you for repairs and additional sealing if needed.

Supplies: SIP:NBC (nuclear, bio, chem)

Roll of 10x50' clear 6-9mil plastic
3 rolls of duct tape **Newspaper (for pets)**
1 or 2 cans of spray foam **CO2 Monitor**
Tools to turn off AC/ventilation/heat
Battery operated fan and electric box fan
Space Heater, electric only.
DO NOT BURN FUELS in Close Quarters
Extra Set of Clothing **Activated Charcoal**

How to SIP:NBC (nuclear, bio, chem)

Leave on Radio Broadcasts or Internet
Don Protective Clothing/Masks/Goggles 1st
Seal Shelter except for entrance 2nd
Seal Windows w/tape & plastic (do room 1st)
Seal Doors with Tape, Plastic & wet towels
Use spray foam to seal hard to reach areas
Put sign on door that access is not possible
Fill Bathtub up with water if possible
Run your hard line phone in shelter
Use tools to turn off gas and ventilation
Other areas to seal off: plug ins & switches
Heat ducts, Cook Stove Vents
Holes around plumbing under sinks
Holes where pipes come into home
Space under bathtub drain
Pet doors, bathroom fans, fireplace

-If you are instructed that explosions or blasts are possible, close all curtains or drape windows with blankets.

-Move all your supplies and family into an interior room, preferably an upper floor with no windows or vents. Choose 2 if possible (to include a bathroom) and seal off hallway or openings to them. Continue to monitor media for safety updates. Remove clothing, shoes, and accessories before entering your shelter area. Desanitize.

REMINDERS ON SUPPLY BOX FOR:

Meds, phones, laptop, radios, Extra Blankets/pillows (winter), non cooked-foods, more water, ice in cooler & ice packs (if summer), electric fan (if electricity in summer).

How to SIP:TVT (threats, violence, terrorism)

Monitor Radio Broadcasts or Internet
Close Windows and Vents
Barricade Your Entrance, Doors, Windows
Lock Windows and Doors
Turn off All Lights
Put out Fireplace/Wood Stove
Use U brackets/2x4 for windows (or screw down 2x4 across doors)
Screw Plywood on Windows
Turn on alarm system
Keep noise level down

-Use Battery operated alarm systems for entrances (can buy at dollar tree)
-Use trip line alarms on exterior entrances
-Use battery op Outdoor surveillance.
-Logging chains to keep doors shut...
-Use furniture to Block Entrances if you have nothing else
-Scatter logs/debris across driveway
-Remove mailbox
-Motion detection lights
-Razor wire for exterior staircases/balcony rails, nailed on door windows.
-Sandbags can offer some protection at lower levels of windows and windowed doors.
-Move all your supplies and family into an interior room, preferably an upper floor with no windows or vents (threats may turn into chem, bio or nuclear event). Be ready to seal with plastic and tape and continue to SIP for chemical/bio/Nuclear, even with plywood on windows/doors.
-leave lights off and use room with no windows at night for light emitting equipment. Continue to Monitor your home for threats and the radio/media outlets for updates.

SIP in your Vehicle

Park in Complete Shade. To vehicle kit, add clear plastic bags, duct tape, 1 can spray foam, 1 quart activated charcoal. Turn off vents/heat/car, Survival on Vehicle Pack. Listen to radio off battery, but **DO NOT START CAR or RUN FAN, HEAT or AC.**

72-Hour Kits

-Develop An E-Plan
-Shelter-In-Place Kit
-Vehicle Get Home Bag

Join Our Facebook Network:
Bonner & Boundary County Emergency
Preparedness Network

Make An Emergency Plan

1. Assemble Kits for Home & Cars
2. Assemble Kits for Kids, Pets, Seniors, LS
3. Designate a Shelter-In-Place Location
4. Store your supplies in the location you plan to shelter-in-place.
5. Store your GET HOME BAG in vehicles
6. Store kids kits in school backpacks
7. Designate a meet up location if separated
8. Designate a Bug-Out location if evading
9. Make photocopies of important docs
10. Laminate pics of family and pets for each member of the family
11. Laminate list of phone numbers for each member of the family
12. Pre-designate a long distant contact. If emergency arises, contact this person. This person can call the rest of your family in other areas to update your status. This will keep you from using up your phone and time during an emergency.
13. Have alternative routes mapped out to your home (if you are trying to get home) & out (evacuation) if disaster strikes.
14. How will your family protect itself? Guns, Pepper Spray, Batons, Tasers, Knives, Whistles. This is an important decision for each family to decide on their own.

Bonner & Boundary County
EMERGENCY PREPAREDNESS
(E-PREP) NETWORK

NORTH IDAHO SHARING PREPAREDNESS IDEAS, AREA TRAINING,
AND COMMUNITY NETWORKING

RECOMMENDED SUPPLIES FOR A HOMEBASED 72-HOUR KIT

Tools

Knife
Hatchet
18" Crowbar
Pliers
Screwdriver
Scissors
Crescent Wrench
550 Paracord, 100'
50' 3/8" Rope and 2 Pulleys
2-5 food grade buckets/totes & a backpack
Duct Tape

Sewing Needles & Thread
22 gauge wire
Bank Line or thin cord
12 Safety Pins
Leather Gloves
Folding Shovel

Light & Warmth

Sleeping Bag or Extra Blankets
Extra Clothes and Sturdy Shoes
Box of Waterproof Matches & Lighters
Flashlight/headlight/battery lanterns
Batteries for flashlights and radios
Hand Warmers Candles

Emergency Gear

Emergency AM Radio with NOAA
Scanner for Local Transmissions
Emergency Whistle
Emergency Blanket for each person
Battery Powered Fan
2-way radio, ham, or CB radio

Sanity

Deck of Cards, Games
Ear Plugs
Books, Journal, Color Books
Pencils, Crayons, Colored Pencils
I-pod or instrument (music)
Candy or Treats

Sanitation & Protection

4-Pack of Toilet Paper, Flattened
Hand Sanitizer
Toothbrushes and Paste Chapstick
Plastic Tablecloth or Tarp Paper Towels
Trash Bags
Baby Wipes
Bar of Soap
Porta Potty (or DIY porta Potty)
Disinfecting Wipes
Feminine protection if needed
Tissues
Zip-Lock Bags
Rubber Gloves
Safety Goggles
Face Masks (N95) or Respirators (P-100)
First Aid Kit
Paper Plates and Cups and Silverware
Garbage Bags
4 Wash Rags
• Information Tags (5) (reminding family to do or NOT to do something)

Water

3 gallons of water, per person
Water Filter/Water Tablets/Bleach
2-5 gallon Water Carrier
Pillowcase to prefilter dirty water

Misc.

Cash and Change
Extra Fuel for lamps, vehicles, heat source
Back up Heating (wood, kerosene, propane)
Cooking (fire, sterno, grill, propane stove)
Reading Glasses Medications
Basic Survival Manual
Basic First Aid Manual

Food + can opener, bowl and/or mugs

Ready-to-Eat Foods

MREs	V-8 Juice	Cheese
Energy Bars	Peanut Butter	Jelly
Nuts/Seeds	Milk, dry	Applesauce
Dry Cereal	Jerky	Gatorade
Trail Mix	Rice Cakes	Dried Fruit
Tuna Packs	Meat Spreads	Can Fruit
Crackers	Hard Candies	Oysters
Box Juice	Veggie Pkts	Sardines

Canned Meals (can eat cold if needed)

Soup	Chili	Stew
Hash	Meat	Pasta
Beans	Tuna	Chicken

Convenience Foods (Hot water/5 min or less)

(With thermos, may be appropriate for Sheltering-In-Place w/MRE Heaters)

Mac & Cheese	Cream -O-Wheat
Instant Potatoes	Cream-O-Rice
Oatmeal	Top Ramen
Instant Rice	Coos Coos & Quinoa

Vehicle: Get Home Bag

Back Pack 2 Bandanas Bug Repellent
Head Lamp 2 Lighters Trash Bag
Tent Map & Pencil, Duct Tape Floss
Water (3 gal in car) Personal Protection
Water Tablets Toothbrush 50' paracord
3-day food supply Poncho Socks & Hat
Sleeping Bag Candle First Aid Kit
Solar Blanket Knife, Needles Light Sticks
40' 10pd Fishing Line Sinkers & Hooks
10' 24ga wire Hand Sanitizer Flint Rod
Multi-Tool Sturdy Walking Shoes Gloves
N95 Mask Meds
Ziplock Bags T.P.
Sunscreen
Whistle



Bonner & Boundary County Emergency Preparedness Network

E-PREP CARDS HELP YOU STORE, ORGANIZE, and TRACK STORAGE ITEMS