

Shelter inside the nearest building, preferably built of brick or concrete.

Choose an inside room with as few windows or doors as possible.

Bring in pets, if possible.

Shut and lock all windows and doors to create a better seal.

Turn off the heater or air conditioner. Make sure the fireplace damper and all ventilation fans are closed.

If you are told there is danger of explosion, close the window shades, blinds or curtains.

Listen local officials are your best source of information. Keep listening to your radio or television until you are told it is safe to leave the shelter or to evacuate.

When you leave the shelter, follow instructions from local officials to avoid any harmful materials outside.

Do not use the telephone unless you have a life-threatening condition. Keep lines free for emergency responders.

Radiological

Health risks from radiation exposure can be greatly decreased by reducing the **TIME** you are exposed; increasing your **DISTANCE** from the radioactive source; and having dense, thick **SHIELDING** materials between you and the source.

In a radiological emergency, you may be told to shelter-in-place or leave the area. Examples of radiological emergencies could include bombs that contain radioactive materials (called a “dirty bomb”), an explosion at a nuclear plant or of a small nuclear device.

In the case of a radiological emergency, **the safest place to shelter is in a centrally-located room or basement.**

If you think you have been exposed to radiation, remove affected clothes and place in a plastic bag and discard. Shower with warm water and soap.

Pets should also be brought inside and washed with warm water and soap.

Only take **potassium iodide (KI)** if local officials tell you to do so. KI only protects the thyroid gland and does not protect from any other radiation exposure.

It should only be taken in an emergency that involves the release of radioactive iodine, such as an accident at a nuclear power plant or the explosion of a nuclear bomb.

A “dirty bomb” most likely will not contain radioactive iodine.



Shelter In Place

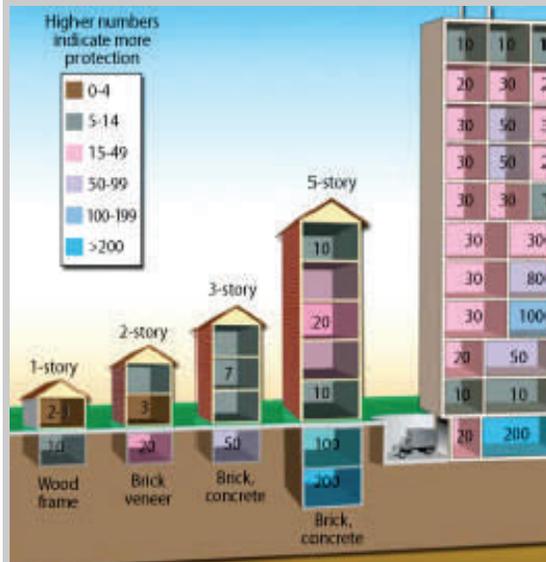


Monmouth
County Health
Department

Ideal Shelter Locations

Restrooms and stairwells provide better protection than rooms close to roofs, windows, and exterior walls. Multistory brick or concrete structures, centers of large office buildings, multistory shopping malls, basements, tunnels, subways, and other underground areas are examples of **good shelters**.

Poor shelters include outdoor areas, cars and other vehicles, mobile homes, single-story wood-frame houses, strip malls, and other single-story light structures.



Indoors: Go inside and stay in the nearest most protective building to minimize exposure to radioactive fallout. Avoiding fallout is a critical lifesaving action after a nuclear detonation.

Potential radiation exposure decreases by 55% in the first hour following a nuclear detonation, and by 80% in the first day.

Food: Canned/ sealed easily prepared

Water: Bottled 3 gallons per person per day. Fill a bathtub with water to be used sparingly for bathing. Remove water as needed to bath in sink.

Medical and Emergency Kits:

Battery-powered or hand-crank radio, flashlight, bandages, matches, etc.

All personal medication for 1-2 weeks, and medical equipment for life support.

It is recommended that you **begin with a 3-days' supply per person and increase to 1 week and then 2 weeks** as you adopt a preparedness lifestyle

If you must be outside, cover your nose and mouth with a mask, dry cloth, or handkerchief, and avoid stirring up or breathing in dust.

Pets: Bring inside, do not reuse a water/food dish that was outside of the home



Alpha Particles - Stopped by a few inches of air, or a piece of paper. **Protection:** wear mask and distance self from source.

Beta Particles - Penetrate several millimeters of plastic or less of very light metals. **Protection** wear mask and distance self from source.

Gamma Rays - Penetrate several inches of lead. **Protection** thick, dense wall/barrier.

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Go to www.visitmonmouth.com, click on the Department tab, and select Health Department. Then select the Emergency Preparedness tab. The radiological preparedness links that are at the bottom of this page contain much more detail.