

**Sheltering Tips**  
***Prepared by Duxbury Nuclear Advisory Committee***

In a radiological emergency, what will happen? Sirens will sound and officials will direct the public, over the Emergency Alert System, to either shelter-in-place or evacuate.

**What to Do When Told to Shelter-In-Place to Reduce Exposure to Harmful Radiation**

1. If you are in a building when the call comes to shelter, stay there; if you are outside or in a car, go immediately inside.
2. Once inside, close all doors and windows.
3. Turn off all window fans, clothes dryers, kitchen and bath exhaust fans, air conditioners, and other sources of outside air.
4. Go to basement or lowest level possible -if the shelter location is below ground level, sitting against or close to the exterior wall is ideal. If above ground level and room has exterior walls, sitting away from the exterior wall is preferred.
5. Stay away from all windows – glass will not protect you. An interior space is preferable to a room with windows. If you must be in a room with windows, sit on floor – below window level.
6. Bring a radio with you. Listen to your Emergency Alert System radio station- WATD 95.9 FM, WBMX 98.5 FM, WPLM 99.1 FM or 1390 AM.
7. Keep pets indoors. If you have livestock, shelter them too.
8. Stay inside until officials say otherwise.
9. When the call to shelter ends and you go outside, cover your nose and mouth with a 3 M type mask or folded damp cloth and cover all exposed skin.
10. Don't forget to take Potassium Iodide (KI) – it should be taken before or as soon as possible after exposure. One pill protects for 24 hours.
11. Animals: Keep pets indoors; if you have livestock, shelter them too and give them stored feed and water from a covered source.

**Cars**

- 1 If you are traveling by motor vehicle in an affected area, close the windows and systems that let in outside air – vents, air conditioner, and heat.
- 2 Your car provides little protection, seek shelter inside a building.

**Schools**

- 1 If sheltering-in-place is recommended during school hours, children will be sheltered right in the school building, in spaces analyzed for maximum dose reduction.
- 1 Schools will be locked until officials cancel the shelter-in-place emergency call. The new Alden Gym is the one exception – it has a separate entrance and can be isolated from the rest of the school and can be used for the general public.

**Public Shelters**

- 2 If the call is to shelter and you are home, you should stay there. If you are away from home go to the nearest building to shelter.
- 3 Duxbury's Public shelters include: The Performance Center and Duxbury Public Schools when school is not in session; Town Office Bldg, Old Town Hall Bldg., Percy Swimming Pool, Duxbury Library, and Wright Building when restored.

### **Prepare ahead of time**

- 1 Familiarize your family with the location of Duxbury's Public Shelters.
- 2 Prepare a kit and store it in your home shelter location – water, batteries, flashlight, portable radio, 3M type masks, potassium iodide (KI).
- 3 Discuss emergency plans with all members of your family so everyone knows what to do.

### **Facts**

#### **Environmental Protection Agency Guidance on Sheltering (EPA 400-R-92-001, pages 2-3)**

- 1 Wood Frame House (first floor): 10% dose reduction
- 2 Wood Frame House (basement): 40% reduction dose
- 3 Masonry house: 40% reduction in dose
- 4 Office or industrial building: 80% or better reduction