

**I.***In***C.***Case of***E.***Emergency*

Guidelines for Emergencies and Disasters

Coping with Shelter-in-Place Emergencies

Sheltering in place can disrupt our routines and challenge our ability to tend to responsibilities, such as work and caring for loved ones. Understandably, we may become nervous or uncomfortable when sheltering in place. The following information can help you cope emotionally with this type of emergency.

During certain emergencies, local Authorities may ask or require you to shelter in place.

- Sheltering in place is taking immediate shelter wherever you are—at home, work, school or in between.
- Emergency personnel advise or require sheltering in place during rare instances when the safest action for you and others is to remain at your current location. These instances include events such as a gas leak, chemical spill or nuclear accident.
- Local officials or authorities on the scene are the best source of information for your particular situation. Following their instructions during a shelter-in-place emergency will help keep you and your loved ones safe.
- During a shelter-in-place emergency, authorities provide information on TV, the radio and other forms of electronic communication in order to help you understand how to remain safe.
- In spite of challenging circumstances, most individuals who have sheltered in place have successfully coped with the

emergency. You can, too.

Understanding typical reactions to sheltering in place helps us recognize them and better cope.

□ Our personal emotional reactions during difficult times are unique. Reactions of those who have experienced shelter-in-place emergencies have varied widely, ranging from feelings of stress to uncertainty or even fear.

During a shelter-in-place emergency, emotional reactions may show themselves as:

- Anxiety, particularly when separated from loved ones.
- Uncertainty regarding how long we will need to shelter in place.
- Concerns for the physical safety of ourselves and others.
- Confusion or frustration regarding questions left unanswered by public officials or the media.
- Guilt about not being able to fulfill responsibilities, such as work, parenting or caring for dependents.
- Feelings of boredom or isolation.
- Thoughts of blame, worry or fear.
- Those who have sheltered in place for more than a few hours have also reported having:
 - Concerns about meeting obligations and lost income.
 - Problems making decisions or staying focused on topics.
 - Changes in appetite or sleep patterns.

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