



Introduction

Sheltering in place means people are asked by local officials to stay where they are for a period of time. You may be at your own or a relative's home, school, or work. Sheltering in place may be required because of an emergency such as a threat of violence, a weather situation such as a tornado or hurricane, or a public health situation like an infectious disease outbreak. You may hear shelter in place also referred to as a "lockdown."

This tip sheet describes reactions often associated with sheltering in place. It also suggests ways to care for yourself and your family during the experience and provides additional resources you may find helpful.

What To Expect: Typical Reactions

Sheltering in place can be stressful. If you are sheltering because of an immediate threat of violence or severe weather, your first priority is to ensure that you and those in your care are safe—lock the doors, stay away from windows, and stay in interior rooms if possible.

Everyone reacts differently to stressful situations. Typical reactions to sheltering in place because of an immediate problem include:

MAKE A PLAN

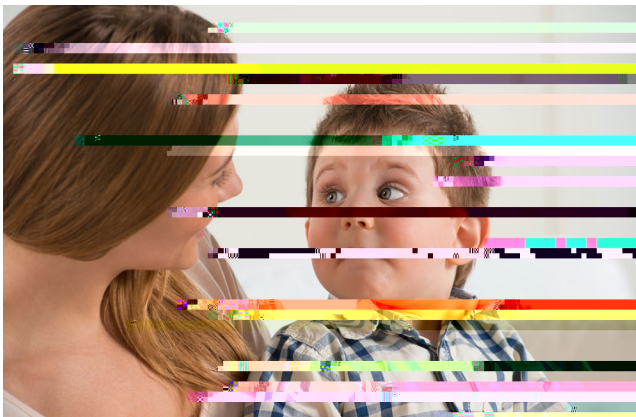
You can prepare in advance for a potential shelter in place in the following ways:

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What To Expect: After the “All Clear”

After a shelter in place order is lifted, most people will be able to resume normal activities. Some people, including children, may have a hard time getting back to usual routines. To support children:

- f Explain that the danger is over and the situation was not their fault.
- f Try to get back to normal routines and activities as soon as possible.
- f Encourage them to talk or write about their feelings, but don't pressure them.



If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or use of drugs or alcohol to cope—speak to a health care provider or call one of the hotlines listed at right for a referral.

Helpful Resources

Hotlines

SAMHSA's Disaster Distress Helpline
Toll-Free: 1-800-985-5990 (English and español)
SMS: Text TalkWithUs to 66746
SMS (español): Hablanos al 66746
TTY: 1-800-846-8517
Website (English): <http://www.disasterdistress.samhsa.gov>
Website (español): <http://www.disasterdistress.samhsa.gov/espanol.aspx>

SAMHSA's National Helpline
Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)
Website: <http://www.samhsa.gov/nd-help/national-helpline>

National Suicide Prevention Lifeline
Toll-Free (English): 1-800-273-TALK (8255)
Toll-Free (español): 1-888-628-9454
TTY: 1-800-799-4TTY (4889)
Website (English): <http://www.suicidepreventionlifeline.org>
Website (español): <http://www.suicidepreventionlifeline.org/gethelp/spanish.aspx>

Treatment Locator

Behavioral Health Treatment Services Locator
Website: <http://ndtreatment.samhsa.gov/locator/hc>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515
Email: DTAC@samhsa.hhs.gov
Website: <http://www.samhsa.gov/dtac>

*Note: Inclusion or mention of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.