



個人與家庭

吸入型炭疽 應變指南



吸入型炭疽是由於吸入了炭疽菌而感染的疾病。初期症狀包括發燒、發冷、盜汗、疲倦、頭痛、咳嗽、噁心、嘔吐或肌肉酸痛。隨著疾病惡化症狀會加劇，通常會包含呼吸急促、呼吸困難、胸部不適、意識不清或暈眩。吸入型炭疽不會在人與人之間傳染。

炭疽菌（或稱炭疽桿菌）存在於大自然當中，但也可在實驗室培養並蓄意釋放至空氣中。自 1990 年代開始，紐約市衛生局已經與其它市、州與聯邦機構合作，為此發生率極低的疾病進行規劃與準備。



保護您自己與家人。

- ▶ 如果發生有關炭疽的緊急事件，市府官員會與聯邦和州的合作單位共同找出可能暴露於炭疽菌的人。
- ▶ 如果必要，衛生局將開放紐約市的 Points of Dispensing（施藥點，簡稱 POD）以提供免費的抗生素。衛生局將提供領取預防疾病所用抗生素的時間、地點與方式。
- ▶ POD不為已經生病的人提供醫事服務或治療。如果您認為自己可能已經暴露於炭疽菌且出現上述任何症狀，請立即就醫。

一般指導原則

- ▶ 從可靠的來源取得衛生與健康資訊（nyc.gov、cdc.gov 與 311）。
- ▶ 註冊 **Notify NYC**（通知紐約市）以接收有關緊急事件的資訊。
- ▶ 如果您或任何您認識的人感覺壓力罩頂或需要協助因應，請造訪 lifenet.nyc 以取得您所用語言的免費協助。
- ▶ 遇到緊急情況時，請務必撥打 911。

如果市府開放施藥點 (POD)：



填寫並列印 Antibiotic Screening Form（抗生素篩檢表）。

- ▶ 從電腦存取抗生素篩檢表。篩檢表將發佈於 <http://www.nyc.gov/health> 及其它網站。
- ▶ 為自己與其他人填寫並列印抗生素篩檢表。

- ▶ 協助可能沒有電腦或印表機的鄰居、朋友與家人。
- ▶ 每個領取抗生素的人都必須填寫一份抗生素篩檢表，包括兒童在內。
- ▶ 如果您無法在電腦上填寫抗生素篩檢表，POD 能提供表單供您填寫。



尋找您所在區域的施藥點（POD）。

- ▶ 透過 <http://www.nyc.gov/health>、當地電視、電台與社交媒體或致電 311 找尋您所在區域的 POD。若您不住在紐約市，請向當地的公共衛生機構查詢。



親自領取抗生素或請別人代您領取。

您可以為自己與另外五個人領取抗生素，包括家人、同事或您家庭以外的其他人。

- ▶ 如果您無法前往 POD，請要求他人代您領取抗生素。
- ▶ 若可能，協助其他人領取他們的抗生素。
- ▶ 如果您尚未填好抗生素篩檢表，請攜帶原子筆或鉛筆至 POD 填寫表單。
- ▶ 攜帶一個袋子以便把抗生素帶回家。
- ▶ 穿著適合天候的衣服與舒適的鞋子。POD 的隊伍可能很長，且可能排到戶外。
- ▶ POD 都是無障礙設施，可供輪椅出入。POD 的工作人員將盡力滿足特殊需求。
- ▶ **POD 不會要求您出示身分證明。**



依指示服用抗生素。

- ▶ 您將於 POD 取得關於如何服用抗生素的資訊，包括如何為無法吞食藥丸的兒童或成人處理抗生素。
- ▶ 您也可以到以下網站：<http://www.nyc.gov/health> 或致電您的醫師、藥劑師或 311 取得關於抗生素的資訊。
- ▶ 服用您所領取的抗生素，直到吃完為止，除非衛生官員另有指示。



持續掌握資訊。

- ▶ 請利用電台、電視、電腦或行動裝置查詢官方發佈的安全資訊。



INHALATION ANTHRAX RESPONSE GUIDE



Inhalation anthrax is a disease caused by breathing in anthrax bacteria. Early symptoms may include fever, chills, sweats, fatigue, headache, cough, nausea, vomiting or muscle aches. As the illness progresses, symptoms become more severe and commonly include shortness of breath, difficulty breathing, chest discomfort, confusion or dizziness. **You cannot catch inhalation anthrax from another person.**

The anthrax bacteria (called *Bacillus anthracis*) is found in nature, but it can also be grown in a lab and could be released into the air on purpose. Since the 1990s, the New York City Health Department has been working with other City, State and federal agencies to plan and prepare for this unlikely possibility.



Protect yourself and your family.

- ▶ If there is an emergency involving anthrax, City officials will work with federal and state partners to find out who may have been exposed.
- ▶ If necessary, the Health Department will open Points of Dispensing (PODs) in the city to give free antibiotics. **The Health Department will provide instructions about when, where and how to pick up antibiotics that prevent illness.**
- ▶ PODs do not provide medical services or treatment for people who are already sick. If you think you may have been exposed and experience any of the symptoms listed above, get medical care right away.

GENERAL GUIDELINES

- ▶ **Get health information from credible sources (nyc.gov, cdc.gov and 311).**
- ▶ **Sign up for Notify NYC for information about emergency events.**
- ▶ **If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.**
- ▶ **In an emergency, always call 911.**

If the City opens Points of Dispensing (PODs):



Complete and print the Antibiotic Screening Form.

- ▶ Access the Antibiotic Screening Form from a computer. It will be on <http://www.nyc.gov/health> and other internet sources.
- ▶ Complete and print the Antibiotic Screening Form for yourself and others.

- Help neighbors, friends and family who may not have access to a computer or printer.
- One Antibiotic Screening Form must be completed and printed for each person getting antibiotics, including each child.
- If you cannot complete the Antibiotic Screening Form on the computer, forms will be available for you to complete at a POD.



Find a Point of Dispensing (POD) in your area.

- Check <http://www.nyc.gov/health>, local television, radio and social media or call 311 to find a POD near you. If you do not live in New York City, check with your local public health agency.



Pick up antibiotics or ask someone to pick them up for you.

You can pick up antibiotics for yourself and up to five additional people, including family members, coworkers or others not in your household.

- If you cannot go to a POD, ask someone to pick up antibiotics for you.
- If possible, help others by picking up their antibiotics.
- If you do not have a completed Antibiotic Screening Form, bring a pen or pencil to fill out forms at the POD.
- Bring a bag to carry the antibiotics home.
- Dress appropriately for the weather and wear comfortable shoes. Lines at the POD may be long and outdoors.
- PODs are wheelchair-accessible. POD staff will make every effort to accommodate those with special needs.
- **You will NOT be asked for identification at a POD.**



Take antibiotics as directed.

- You will get information about how to take the antibiotics at the POD, including instructions on how to prepare the antibiotics for children or for adults who cannot swallow pills.
- You can also get information about the antibiotics on <http://www.nyc.gov/health> or by calling your doctor, your pharmacist or 311.
- Take the antibiotics you receive until they are gone, unless otherwise directed by health officials.



Stay informed.

- Use radios, televisions, computers or mobile devices for information from officials about how to stay safe.