



吸入性炭疽 应对指南



吸入性炭疽是一种由吸入炭疽细菌所引起的疾病。早期症状可包括发热、寒颤、出汗、乏力、头痛、咳嗽、恶心、呕吐或肌肉疼痛。症状随疾病发展而加重，通常包括气短、呼吸困难、胸口不适、意识模糊或头晕。吸入性炭疽不会在人与人之间发生传染。

炭疽细菌（又名炭疽杆菌）发现于自然界中，但也可在实验室中培养后被有意释放到空气中。自二十世纪九十年代起，纽约市卫生局就一直同其它市、州和联邦机构合作，针对这一不太可能发生的情况进行规划与准备。



保护自己和家人。

- ▶ 如果发生涉及炭疽的紧急事件，市政府官员将协同联邦和州的合作伙伴找出可能已经暴露于炭疽的人。
- ▶ 如有必要，卫生局将开放城市中的 Point of Dispensing（发药点，POD）来分发免费抗生素。卫生局将提供有关领取预防疾病所用抗生素的时间、地点与方式的说明。
- ▶ POD 不会对已患病人群提供医疗服务或治疗。如您认为自己已暴露于炭疽并有上述任一症状，请立即获取医疗照护。

通用指南

- ▶ 从可靠来源获取健康信息（如 nyc.gov、cdc.gov 和 311）。
- ▶ 注册 Notify NYC（纽约资讯）以获取关于紧急事件的信息。
- ▶ 如您本人或认识的任何人感到不知所措或需要帮助，请访问 lifenet.nyc 以获取以您所用语言提供的免费帮助。
- ▶ 如遇紧急情况，请随时拨打 911。

如果本市开放了发药点(POD):



请填写并打印 Antibiotic Screening Form（抗生素筛选登记表）。

- ▶ 利用电脑获取抗生素筛选登记表，您可以访问 <http://www.nyc.gov/health> 和其他网络资源。
- ▶ 为自己和他人填写并打印抗生素筛选登记表。

- ▶ 帮助无法使用电脑或打印机的邻居、朋友和家人。
- ▶ 每个领取抗生素的人（包括儿童在内）都需要填写并打印一份抗生素筛选登记表。
- ▶ 如您无法在电脑上填写抗生素筛选登记表，POD 也提供了表格可供您填写。



寻找您所在区域的发药点 (POD)。

- ▶ 通过 <http://www.nyc.gov/health>、当地电视台、电台和社交媒体，或拨打 311 以寻找您附近的 POD。如您不居住在纽约市，请咨询您当地的公共卫生局。



领取抗生素或请求他人代为领取。

您可以为自己和最多五个其他人领取抗生素，其中包括家庭成员、同事或其他不属于您家庭成员的人。

- ▶ 在您无法前往 POD 时，请求他人代您领取抗生素。
- ▶ 在可能的情况下，请帮助他人领取抗生素。
- ▶ 如果您尚未填写抗生素筛选登记表，请携带钢笔或铅笔前往 POD 填写表格。
- ▶ 携带一个袋子以便将抗生素带回家。
- ▶ 请按天气适当着衣并穿着舒适的鞋。POD 处的队伍可能很长并在户外。
- ▶ POD 设有无障碍通道。POD 工作人员将尽最大努力满足某些人群的特殊需求。
- ▶ POD 不会要求您出示身份证明。



依照说明服用抗生素。

- ▶ 您可在 POD 获取有关抗生素服用方式的信息，包括如何为儿童或无法吞咽药片的成人准备抗生素的说明。
- ▶ 您也可通过访问 <http://www.nyc.gov/health>、致电您的医生/药剂师或拨打 311 来获取抗生素相关信息。
- ▶ 您需要将领取的抗生素全部吃完，除非卫生官员有其它指示。



随时掌握最新动态。

- ▶ 使用收音机、电视、电脑或移动设备来获取卫生官员发布的有关如何确保安全的信息。



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.