



MALADI CHABON PILMONÈ GID POU JWENN REPOUS



Chabon pilmonè se yon maladi moun pran lè yo respire ti grenn chabon. Premye sentòm yo ka gen ladan lafyèv, frison, transpirasyon, fatig, maltèt, tous, kèplen, vomisman oswa doulè miskilè. Lè maladi a ap pwogrese, sentòm yo ap vin pi grav epi anjeneral kèk ladan yo se souf kout, difikilte pou respire, malèz nan pwatrin, konfizyon oswa vètij. **Yon lòt moun pa kapab transmèt maladi chabon pilmonè ba ou.**

Yo jwenn bakteri chabon (ki rele *Bacillus anthracis*) nan lanati, men li kapab grandi nan yon laboratwa epitou yo kapab degaje li nan lè toutespre. Depi ane 90 yo, Depatman Sante Vil New York (New York City Health Department) t ap travay avèk lòt ajans Vil la, ajans Leta ak ajans federal yo pou planifye ak prepare pou risk sa a ki posib enpe.



Pwoteje tèt ou ak fanmi ou.

- ▶ Si gen yon ijans ki gen pou wè ak maladi chabon, ofisyèl Vil la ap travay avèk patnè federal yo ak patnè leta yo pou yo chèche konnen kimoun ki ekspoze.
- ▶ Si li nesèsè, Depatman Sante ap louvri Pwen Distribisyon (Points of Dispensing, PODs) yo nan vil pou bay antibyotik. **Depatman Sante ap bay enstwiksyon sou kilè, ki kote ak kijan pou moun yo al pran antibyotik k ap evite yo gen maladi a.**
- ▶ POD yo pa bay sèvis medikal ni tretman pou moun ki malad deja yo. Si ou panse ou te ka ekspoze epi si ou gen nenpòt nan sentòm ki endike anwo a, chèche jwenn swen medikal touswit.

GID JENERAL

- ▶ Chèche jwenn enfòmasyon sou sante nan sous ou fè konfyans (nyc.gov, cdc.gov ak 311).
- ▶ Enskri pou Notify NYC pou jwenn enfòmasyon sou evènman ijans yo.
- ▶ Si oumenm oswa nenpòt moun ou konnen panse li akable oswa bezwen èd pou siviv, ale sou sitwèb lifenet.nyc pou jwenn èd gratis nan lang natifnatal ou.
- ▶ Nan yon ijans, toujou rele 911.

Si Minisipalite Vil la louvri Pwen Distribisyon (PODs) yo:



Ranpli epi enprime Fòm Evalyasyon pou Antibyotik.

- ▶ Jwenn Fòm Evalyasyon pou Antibyotik la nan yon òdinatè. L ap sou sitwèb <http://www.nyc.gov/health> ak nan lòt sous entènèt.
- ▶ Ranpli epi enprime Fòm Evalyasyon pou Antibyotik la pou tèt ou ak pou lòt moun yo.

- Ede vwazen ou yo, zanmi ou yo ak manm fanmi ou ki pa ka gen aksè nan yon òdinatè oswa nan òdinatè oswa nan enprimant.
- Ou dwe ranpli ak enprime yon Fòm Evalyasyon pou Antibyotik pou chak moun k ap resevwa antibyotik, menm pou chak timoun tou.
- Si ou pa kapab ranpli Fòm Evalyasyon pou Antibyotik la nan òdinatè a, fòm yo ap disponib pou ou pou ranpli nan yon POD.



Jwenn yon Pwen Distribisyon (POD) nan zòn ou.

- Tcheke sitwèb <http://www.nyc.gov/health>, televizyon lokal, radyo lokal ak medya sosyal, oswa rele 311 pou jwenn yon POD ki toupre ou. Si ou pa abite nan Vil New York, kontakte ajans sante piblik lokal ou.



Al chèche antibyotik oswa mande yon moun pou al chèche yo pou ou.

Ou kapab al chèche antibyotik pou tèt ou ak pou apeprè senk (5) lòt moun, tankou manm fanmi ou, kamarad travay ou oswa lòt moun k ap viv lakay ou.

- Si ou pa kapab ale nan yon POD, mande yon moun pou al chèche antibyotik pou ou.
- Si li posib, ede lòt moun yo. Pou fè sa, al chèche antibyotik pou yo.
- Si ou pa gen yon Fòm Evalyasyon pou Antibyotik ki ranpli, pote yon plim oswa yon kreyon pou ranpli fòm yo nan POD a.
- Vini avèk yon sache pou pote antibyotik yo lakay ou.
- Abiye yon fason ki apwopriye pou lameteyo an epi mete soulye ki fè ou alèz. Liy yo nan POD a ka long epi yo ka rive deyò.
- Moun ki sou chèz-woulant kapab jwenn aksè fasilman nan POD yo. Ekip POD yo ap fèt tout efò ki posib pou satisfè moun ki gen bezwen espesyal.
- **Yo P AP mande ou idantifikasyon ou nan yon POD.**



Pran antibyotik yo selon enstwiksyon yo.

- W ap jwenn enfòmasyon sou fason pou pran antibyotik la nan POD an, ansanm ak enstwiksyon sou fason pou prepare antibyotik la pou timoun oswa pou adilt ki pa kapab vale yo.
- Ou kapab jwenn enfòmasyon sou antibyotik tou sou sitwèb <http://www.nyc.gov/health> oswa ou kapab rele doktè ou, famasyen ou oswa 311.
- Pran antibyotik ou resevwa yo jouk lè yo fini, sof si ou jwenn lòt kalite enstwiksyon ofisyèl sante yo.



Toujou chèche enfòmasyon.

- Koute radyo, gade televizyon, itilize òdinatè oswa aparèy mobil pou jwenn enfòmasyon ofisyèl yo ap bay sou fason pou rete pwoteje.



INHALATION ANTHRAX RESPONSE GUIDE



Inhalation anthrax is a disease caused by breathing in anthrax spores. 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.