



沿海风暴 应对指南



沿海风暴包括东北风暴、热带风暴和飓风，可造成严重的水灾、强风、暴雨和风暴潮。强风和高水位可造成危险，例如使树木倾倒、电线断落、碎片飞溅，以及断热、断水和断电。



了解高风险人群。

最易受沿海风暴伤害甚至因其致死的人包括：

- ▶ 住在疏散区的人。访问 <http://www.nyc.gov/hurricane> 查找您所在的区域，并确定是否有生效的疏散命令。
- ▶ 65 岁以上的人
- ▶ 与社会隔绝、活动受限或无法离开住所的人

保护自己并帮助您所知道的可能处于危险中的人。



遵从指示并保护自己与家人。

- ▶ 将被风带起后可能会造成损坏或伤害他人的室外物体放入室内。
- ▶ 在政府官员宣布情况安全之前，请勿冲浪或进行任何其它水上运动。
- ▶ 如果您得到通知需要从该地疏散：
 - ▶ 拿起您的“应急包”，其中应备有重要文档、身份证明、药物、瓶装水、不易腐烂的食物、急救箱和装电池的手电筒及收音机。获取更多相关信息，请访问 <http://www.nyc.gov> 并搜索“Go Bag”（应急包）。
 - ▶ 与住在疏散区以外的朋友或家人待在一起。如果您没有其它可去的庇护所，请前往疏散中心。拨打 311 查找离您最近的疏散中心并获取有关前往疏散中心交通方式的信息。
 - ▶ 请注意，所有纽约市沿海风暴庇护所均允许携带合法的宠物和服务性动物。务必随身携带宠物狗准养证、食物、拴狗绳、笼子和药物。

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。

- ▶ 如果您待在家中：
 - ▶ 如您所处的地点可能发生水灾，请离开地下室并转移到高处的楼层。
 - ▶ 远离在强风下可能破碎的窗户。



风暴后要时刻保持警觉。

- ▶ 避开较深的积水、断落的电线、摇摇欲坠的树木/树枝以及湿滑的表面。分别致电电力公司与 311 报告电线断落与不安全的情况。
- ▶ 寻求他人帮助一同抬起重物，如可能请避免通过黑暗的楼梯。
- ▶ 对梯子加以固定，且仅在水平地面使用。
- ▶ 在确保自身安全的情况下，查看易受伤害的朋友、亲人和邻居的情况。
- ▶ 防止霉菌生长。
 - ▶ 清洁并弄干潮湿的物体。
 - ▶ 将潮湿、多孔的材料移开，例如软垫家具。
 - ▶ 修复所有裂缝或将其报告给大楼业主。
 - ▶ 在可能的前提下使用除湿机。如果电力中断，请打开窗户通风。
 - ▶ 有关防止霉菌生长的更多信息，请访问 <http://www.nyc.gov/health> 并搜索“mold”（霉菌）。



如果停电，请保证食物安全。

- ▶ 保留几乎无需烹饪与无需冷藏的食物。
- ▶ 尽可能保持冰箱门和冷冻室的门处于关闭状态，以防止食物变质。
 - ▶ 将牛奶、奶酪、肉和其它易腐食物放入冷冻室。
如果冷冻室仅有部分被装满，请将所有物品堆靠层叠在一起。
 - ▶ 如果冰箱门保持关闭状态，食物将保冷四小时，而在装满的冷冻室中，食物可保冷两天（食物在部分装满的冷冻室可保冷一天）。
 - ▶ 将冰箱中所有气味、颜色或质地异常，或可能接触了污水的食物全部丢弃。如有怀疑，立即扔掉。



防止一氧化碳中毒。

- ▶ 确保您家中有可正常运作的一氧化碳检测器和烟雾报警器。如果您的楼宇业主未提供一氧化碳检测器和烟雾报警器，请拨打 311。
 - ▶ 有关如何检测一氧化碳检测器的更多信息，请访问 <http://www.nyc.gov/health> 并搜索“Prevent Carbon Monoxide Poisoning”（防止一氧化碳中毒）。
- ▶ 切勿使用燃气灶或烤箱取暖。在纽约市，使用煤油取暖器和丙烷小型取暖器是违法行为。
- ▶ 如果您闻到异常气味或一氧化碳检测器报警，请打开窗户，然后走出室外并拨打 911。
 - ▶ 在相关人员宣布您的住所安全之前，请勿返回住所内。
 - ▶ 请勿使用蜡烛、火柴或其它明火检查漏气的管线。
- ▶ 请在室外使用发电机，并使其远离门、窗和通风口。请务必严格遵从制造商的说明。



COASTAL STORMS RESPONSE GUIDE



Coastal storms, which include nor'easters, tropical storms and hurricanes, can cause severe flooding, strong winds, heavy rain and storm surges. Strong winds and high waters can create hazards such as falling trees, downed power lines, flying debris and loss of heat, water and power.



Know who is at risk.

People most vulnerable to injury or death from coastal storms include:

- ▶ People who live in evacuation zones. Visit <http://www.nyc.gov/hurricane> to find your zone and see if an evacuation order is in effect.
- ▶ People 65 years or older
- ▶ People who are socially isolated, have limited mobility or are unable to leave the house

Protect yourself and reach out to anyone you know who may be at risk.



Follow directions and protect yourself and family.

- ▶ Bring in any outdoor objects that could cause damage or hurt someone if picked up by the wind.
- ▶ Do not surf or perform any other water sports until officials say conditions are safe.
- ▶ If you are told to evacuate:
 - ▶ Grab your “Go Bag” with your important documents, identification, medication, bottled water, nonperishable food, a first aid kit and a battery-operated flashlight and radio. Go to <http://www.nyc.gov> and search “Go Bag” for more information.
 - ▶ Stay with friends or family who live outside the evacuation zones. If you have no other shelter, go to an evacuation center. Call 311 to find your nearest evacuation center and for information about transportation options.
 - ▶ Note that legal pets and service animals are allowed in all NYC coastal storm shelters. Be sure to bring your pet’s dog license, food, leash, cage and medication.

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.gov for free help in your language.
- ▶ In an emergency, always call 911.

- If you stay at home:
 - Stay out of basements and move to a higher floor if you live in a location that is at risk for flooding.
 - Stay away from windows that may break during strong winds.



Stay alert after the storm.

- Avoid deep and standing water, downed power lines, unstable trees and branches and wet or slippery surfaces. Call the power company to report fallen power lines and 311 to report unsafe conditions.
- Get help to lift heavy items and avoid dark staircases if possible.
- Secure ladders and use them only on level ground.
- Check on vulnerable friends, relatives and neighbors if it is safe to do so.
- Prevent mold growth.
 - Clean and dry wet objects.
 - Remove wet, porous materials such as upholstered furniture.
 - Fix any leaks or report them to your building owner.
 - Use dehumidifiers if available. If the power is out, open windows for ventilation.
 - Visit <http://www.nyc.gov/health> and search “mold” for more information on preventing mold growth.



Keep food safe if there is a power outage.

- Keep foods that need little to no cooking and do not need refrigeration.
- Keep refrigerator and freezer doors closed as much as possible to prevent food from spoiling.
 - Move milk, cheese, meats and other perishables into the freezer compartment. If the freezer is only partially full, keep all items close together and stacked on top of each other.
 - If doors remain closed, food in the refrigerator will stay cold for four hours, and food in a full freezer will stay cold for two days (one day for a half-full freezer).
 - Throw away any refrigerated food that has an unusual odor, color or texture or that may have been touched by sewage water. **If in doubt, throw it out.**



Prevent carbon monoxide poisoning.

- Make sure you have a working carbon monoxide detector and smoke alarm in your home. If your building owner does not provide a carbon monoxide detector and smoke alarm, call 311.
 - For more information on how to test your carbon monoxide detector, visit <http://www.nyc.gov/health> and search “Prevent Carbon Monoxide Poisoning.”
- Never use gas stoves or ovens to heat your home. Kerosene heaters and propane space heaters are illegal in New York City.
- If you smell gas or your carbon monoxide detector goes off, open the windows, then go outside and call 911.
 - Do not re-enter until your home is declared safe.
 - Do not use candles, matches or other open flames to check for leaking gas lines.
- Use generators outdoors and away from doors, windows and vents. Always follow the manufacturer’s instructions.