



爆炸 應變指南



爆炸可能使人因為爆裂壓力、火勢、受污染的空氣或掉落的碎片（例如尖銳的物體與玻璃）而受傷，也可能造成健康問題，例如呼吸急促或肺部、鼻子、嘴巴、喉嚨、眼睛或皮膚受到刺激。



進入室內。

- ▶ 如果您在汽車內：
 - ▶ 將車子停靠在路邊，關閉引擎，關閉車窗與通風口，並關閉空調或暖氣。
 - ▶ 用面紙、布或袖子捂住口鼻。
 - ▶ 留在車內，或到附近的建築物（若有）尋找掩護。
- ▶ 若您在戶外且接近爆炸地點：
 - ▶ 用面紙、布或袖子捂住口鼻。
 - ▶ 迅速進入牆壁與窗戶並未受損的建築物。如果牆壁或窗戶受損，移到室內房間或找尋另一棟樓。
 - ▶ 如果可行且安全，請帶著寵物同行。
- ▶ 在進入室內之後：
 - ▶ 關閉窗戶、外面的門與其它開口。
 - ▶ 在平房或公寓內，關閉從戶外引入空氣的窗戶通風扇、空調與暖氣/冷氣系統。

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。



檢查受傷情況。

- ▶ 僅在受傷或出現上述任何症狀時才前往醫院。



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爆炸後空氣品質與安全資訊。



EXPLOSIONS RESPONSE GUIDE



Explosions may result in injuries from blast pressure, fire, contaminated air or falling debris (such as sharp objects and glass). They may also cause health problems such as shortness of breath or irritation of the lungs, nose, mouth, throat, eyes or skin.



Get inside.

- ▶ If you are in a car:
 - ▶ Pull to the side of the road, turn off the engine, close the windows and vents, and turn off the air conditioner or heater.
 - ▶ Cover your nose and mouth with a tissue, cloth or sleeve.
 - ▶ Stay in the car, or find shelter if there are buildings nearby.
- ▶ If you are outside and near the explosion site:
 - ▶ Cover your nose and mouth with a tissue, cloth or sleeve.
 - ▶ Quickly enter a building whose walls and windows have not been damaged. If there is any damage to a wall or window, move to an interior room or find another building.
 - ▶ Take pets with you if it is possible and safe to do so.
- ▶ Once inside:
 - ▶ Shut windows, outside doors and other openings.
 - ▶ In houses or apartments, turn off window fans, air conditioners and heating/cooling systems that bring air from outside.

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.



Check for injuries.

- ▶ Only go to a hospital if you are injured or experience any of the symptoms listed above.



Stay informed.

- ▶ Use radios, televisions, computers or mobile devices for information from officials about air quality and how to stay safe after the explosion.