



輻射與核能緊急事故 應變指南



核子武器、含有輻射物質的爆裂物（所謂「髒彈」）、核能電廠意外、涉及輻射物質的交通意外或職業意外，都可能造成輻射緊急事故。如果劑量過高，輻射可能造成皮膚灼傷、輻射病與癌症風險提高。



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，若或到附近的建築物（若有）或地底下尋找掩護。

如果您在外面：

- ▶ 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。
- ▶ 若發生核爆，請往建築物的中心點移動，盡可能遠離屋頂與窗戶。最好可以前往地下室。

如果在室內：

- ▶ 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。
- ▶ 脫下鞋子與外層衣物，並放入可密封的袋子或容器內。切勿將這些衣物回收再穿。市府將提供處置指示。

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。

- ▶ 輕輕地擤鼻子，並將衛生紙沖入馬桶裡。
- ▶ 用肥皂和清水從頭到腳清洗身體與頭髮。
 - ▶ 除非官方另有指示，否則水可安全用於淋浴與飲用。
 - ▶ 請勿燙洗、刷洗或搔抓皮膚。
 - ▶ 請勿使用潤絲精——那會使粒子黏附在頭髮上。
 - ▶ 如果您無法淋浴，請在水槽洗手、臉與身體外露的部位，或是用濕布擦拭全身。



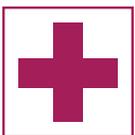
留在室內。

- ▶ 除非接到指示，否則請勿疏散。
- ▶ 若自來水不安全，當地的主管機關會宣佈。此時請飲用瓶裝水並食用密封容器裡的食物。
- ▶ 包裝食物或在置放在遠離事故現場之冷凍庫、冰箱或食品儲藏室裡的食物是安全的。若有疑慮，打開前先清洗包裝。
- ▶ 在密封容器裡的寵物食物是安全的，可供動物食用。在使用前，先清洗寵物碗、容器或包裝。



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。



安全地取得醫療協助。

- ▶ 除非您受傷且有生命危險，否則在主管機關說可以安全走出戶外之前，請勿離開掩蔽處。
- ▶ 如果您在暴露於輻射之後，出現皮膚燒傷或噁心症狀，或是開始嘔吐，請在可以安全離開掩蔽處時盡快尋求醫療協助。
- ▶ 必要時，衛生局與消防局將設置社區接待中心，以檢查民眾的輻射暴露與污染情況。市府將說明前往的時間與地點。請勿到醫院要求此項服務。



RADIOLOGICAL AND NUCLEAR EMERGENCIES RESPONSE GUIDE



A radiological emergency can be caused by nuclear weapons, explosives mixed with radioactive materials (“dirty bombs”), nuclear power plant accidents, transportation accidents involving radioactive materials or occupational accidents. In high enough quantities, radiation can cause skin burns, radiation sickness and an increased risk of cancer.



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, find shelter if there are buildings nearby or go underground.

If you are outside:

- ▶ 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.
- ▶ In the case of a nuclear explosion, go to the center of the building, as far from the roof and windows as possible. Going to the basement is best.

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.
- ▶ Remove shoes and outer layers of clothing and put them in sealable bags or containers. Do not reuse these clothes. The City will provide instructions on disposal.

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.**

- Gently blow your nose and flush the tissue down the toilet.
- Wash your body and hair from the top down with soap and water.
 - Water is safe to use for showers and drinking unless officials say otherwise.
 - Do not scald, scrub or scratch your skin.
 - Do not use conditioner—it can cause particles to stick to your hair.
 - If you cannot take a shower, wash hands, face and exposed parts of your body at a sink, or wipe yourself down with a wet cloth.



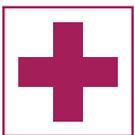
Stay inside.

- Do NOT evacuate unless instructed to do so.
- Local authorities will announce if the tap water is unsafe. Drink bottled water and eat food from sealed containers.
- Anything packaged or in a freezer, refrigerator or pantry away from the incident is safe. If in doubt, rinse packaging before opening.
- Pet food in sealed containers is safe for animals to eat. Rinse pet bowls, containers or packaging before using.



Stay informed.

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



Get medical help safely.

- Unless you have a life-threatening injury, do not leave your shelter until authorities have said it is safe to go outside.
- If you have skin burns or nausea, or begin vomiting shortly after radiation exposure, seek medical attention as soon as it is safe to leave your shelter.
- If necessary, Community Reception Centers will be set up by the Health Department and the Fire Department to check people for radiation exposure and contamination. The City will provide instructions of when and where to go. Do not go to hospitals for this service.