



# 放射性与核紧急事件 应对指南



放射性紧急事件可由核武器、混有放射性物质的爆炸物（“脏弹”）、核电站事故、放射性物质的运输事故或职业性意外事故导致。在辐射量足够大的情况下，放射物可导致皮肤烧伤、辐射病以及癌症风险的增加。



## 进入室内。

如果您在车内：

- ▶ 将车开到路边，关闭发动机、窗户、通风口以及空调或暖气。
- ▶ 用纸巾、布料或袖子遮住口鼻。
- ▶ 待在车内，如附近有建筑物，请寻找可庇护之处或前往地下室。

如果您在室外：

- ▶ 用纸巾、布料或袖子遮住口鼻。
- ▶ 迅速进入墙壁和窗户未损坏的建筑物内。如果墙壁或窗户有损坏，请转移至内部房间或寻找另一处建筑物。
- ▶ 在可能与能够保证自身安全的前提下，请随身携带宠物。
- ▶ 如发生核爆炸，请前往建筑物的中心位置，尽可能远离屋顶和窗户。最好前往地下室。

进入室内后：

- ▶ 关闭窗户、外门和其它通风口。
- ▶ 在住宅或公寓内关闭可引入外部空气的窗式风扇、空调和暖气/冷气系统。
- ▶ 脱掉鞋和外层衣物，并将其放入可密封的袋子或容器中。请勿再次穿戴这些衣物。市政府将提供有关废弃处置的说明。

## 通用指南

- ▶ 从可靠来源获取健康信息（如 [nyc.gov](http://nyc.gov)、[cdc.gov](http://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](http://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。

- ▶ 轻轻地擤鼻涕并将纸巾从马桶冲走。
- ▶ 用香皂和水从上至下清洗身体和头发。
  - ▶ 在政府官员未发布关于水的其他声明前，您可以放心淋浴和饮用。
  - ▶ 请勿烫伤皮肤，也不要用力擦洗或搔抓皮肤。
  - ▶ 请勿使用护发素，因为护发素可能导致颗粒粘附在头发上。
  - ▶ 如果您无法淋浴，请在盥洗盆中清洗双手、面部以及身体裸露的部分，也可用湿毛巾擦拭身体。



## 待在室内。

- ▶ 在收到疏散通知前，请勿自行疏散。
- ▶ 如果自来水不安全，当地政府会发出声明。饮用瓶装水，并食用密封容器中的食物。
- ▶ 包装食品、冷冻室/冰箱中的食品或远离事故地点的储藏柜中的食品是安全的。如无法确定，打开食品前先冲洗包装。
- ▶ 密封容器中的宠物食品可放心给宠物食用。食用前先冲洗宠物餐具、容器或包装。



## 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。



## 安全地获取医疗救助。

- ▶ 除非您的伤情危及生命，否则在政府宣布室外安全前，请不要离开庇护所。
- ▶ 如果您在暴露于辐射后不久即出现皮肤烧伤、恶心或开始呕吐，请在室外安全时尽快离开庇护获取医疗救助。
- ▶ 如有必要，卫生局和消防局将建立 Community Reception Centers（社区接待中心）来检查遭受辐射照射和污染的人。市政府将提供关于救助地点与时间的信息。请勿前往医院寻求此类服务。



# 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](http://nyc.gov), [cdc.gov](http://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](http://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.