



**MOUN YO AK
FANMI YO**

IJANS RADYOLOJIK AK IJANS NIKLEYÈ

GID POU JWENN RECONS



Zam nikleyè, eksploziv ki melanje avèk materyèl radyo-aktif (“bonm sal”), aksidan santral enèji nikleyè, aksidan nan transpò ki gen pou wè ak materyèl radyo-aktif oswa aksidan nan travay kapab lakòz ijans radyolojik. Nan kantite ki wo ase, radyasyon kapab lakòz brili sou po, maladi radyasyon ak yon pi gwo risk pou gen kansè.



Antre andedan.

Si ou nan yon oto:

- ▶ Mete ou sou kote wout la, etenn motè a, fèmen vit yo ak ayerasyon yo, epi etenn è-kondisyone a oswa chofaj la.
- ▶ Kouvri nen ou ak bouch ou avèk yon klinèks, yon moso twal oswa manch rad ou.
- ▶ Rete nan oto a, chèche jwennabri si gen bilding ki toupre ou oswa ale nan sousòl la.

Si ou deyò:

- ▶ Kouvri nen ou ak bouch ou avèk yon klinèks, yon moso twal oswa manch rad ou.
- ▶ Antre vit nan yon bilding ki gen miray ak fenèt yo ki pa domaje. Si gen nenpòt domaj nan yon miray oswa nan yon fenèt, ale nan yon chanm andedan oswa chèche jwenn yon lòt bilding.
- ▶ Ale avèk bèt kay ou si li posib epi si pa gen danje pou fè sa.
- ▶ Sizoka gen yon eksplozyon nikleyè, ale nan mitan bilding nan, lwen avèk twati a ak fenèt yo otank posib. Li pi bon pou ale nan sousòl la.

Lè ou andedan:

- ▶ Fèmen fenèt yo, pòt deyò yo ak lòt ouvèti yo.
- ▶ Si ou nan kay oswa nan apatman, etenn vantilatè fenèt yo, è-kondisyone yo ak sistèm chofaj/refwadisman ki pote lè ki soti deyò a.
- ▶ Retire soulye ak kouch rad deyò ou epi mete yo nan sache oswa resipyan ki kapab fèmen. Pa itilize rad sa yo ankò. Minisipalite Vil la ap bay enstwasyon sou fason pou elimine yo.

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.

- Mouche nen ou dousman epi floche klinèks la nan twalèt la.
- Lave kò ou ak cheve ou depi anlè pou rive anba avèk savon ak dlo.
 - Dlo a san danje pou itilize pou douch ak pou bwè sof si ofisyèl yo di li pa bon.
 - Pa netwaye po ou, pa fwote li oswa pa grate li.
 - Pa itilize pwodui pou apre ou itilize chanpou—sa kapab lakòz patikil yo kole nan cheve ou.
 - Si ou pa kapab pran yon douch, lave men ou, figi ou ak pati ekspozè nan kò ou nan yon evye, oswa siye kò ou avèk yon twal mouye.



Rete andedan.

- PA deplase jouk lè yo ba ou enstwiksyon pou fè sa.
- Otorite lokal yo ap anonse si dlo tiyo a danjere. Bwè dlo nan boutèy epi manje sa ki nan resipyan ki fèmen.
- Nenpòt sa ki anbale oswa ki nan yon frizè, frijidè oswa gadmanje ki lwen ensidan an pa gen pwoblèm pou itilize. Si ou pa byen konnen, rense anbalaj la anvan ou louvri li.
- Manje bèt kay ki nan resipyan ki fèmen se manje ki bon pou bèt yo manje. Rense bòl, resipyan oswa anbalaj bèt kay yo anvan ou itilize 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.



Chèche èd medikal san pwoblèm.

- Sof si ou gen yon chòk ki menase lavi ou, pa kiteabri ou jouk lè otorite yo di pa gen pwoblèm pou ale deyò.
- Si ou gen brili sou po ou oswa si ou gen kèplen, oswa si ou kòmanse vomi yon ti tan apre ou te ekspozè nan radyasyon an, chèche swen medikal imedyatman depi li posib pou kiteabri ou.
- Si li nesèsè, Depatman Sante ak Depatman Ponpye (Fire Department) ap prepare Sant Resepsyon Kominotè (Community Reception Centers) yo pou tcheke moun yo pou si yo te ekspozè nan radyasyon ak kontaminasyon. Minisipalite Vil la ap bay enstwiksyon sou kilè ak ki kote pou ale. Pa ale nan lopital pou sèvis sa a.



INDIVIDUALS
& FAMILIES

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.