

化学物急症

Chemical Emergencies

A chemical emergency occurs when toxic chemicals are released into the air, put in food or released in water during an accident or attack. The chemicals may be gases, liquids or solids. The chemicals may be harmful to people and the environment. Chemicals may harm people if they are breathed in, absorbed through the skin or swallowed.

Watch for signs of a chemical emergency such as:

- Watery eyes
- Shortness of breath or choking
- Problems with movement or walking
- Confused thoughts
- Twitching movements
- Burning skin

An increase in sick or dead birds, fish or small animals may be another sign of a chemical emergency.

During a Chemical Emergency

Listen for reports on the television, radio, social media or Internet.

- Local or state officials will let you know what signs to look for.
- Officials will tell you whether to stay inside or leave your home.
- If you are told to stay inside:
 - Turn off all furnaces, air conditioners and fans.
 - Close vents.
 - Close and lock all doors and windows.

出事故或攻击时有毒化学物释放于空气、食物或水中, 这时就发生化学物急症。化学物可能是各种气体、液体或固体。化学物可能对人和环境有害。如果化学物被人吸入、经皮肤吸收或吞下, 化学物可能会伤害人。

留意化学物急症症状, 如:

- 眼流泪
- 呼吸急促或透不过气来
- 移动或走动困难
- 想法混乱
- 颤搐动作
- 皮肤烧伤

患病或死亡的鸟、鱼、小动物增加可能是化学物急症的另一迹象。

在发生生物性突发事件时

请关注电视、广播电台、社交媒体或互联网的报道。

- 地方或州官员将告知你该寻找何种症状。
- 官员将会告知你们是否该留在室内或离家出外。
- 如果你被告知留在室内:
 - 关掉所有火炉、空调和电扇。
 - 关闭排气口。
 - 关闭并锁上所有门窗。

If you feel sick, call your doctor right away or go to the hospital.

如果你觉得不舒服,立刻打电话给你的医生或去医院。

If you see a chemical release:**如果你看见化学物释放:**

- Leave the area right away.
- Cover your nose and mouth with fabric to filter the air but still allow breathing.
- Find shelter.
 - If the chemical is in a building, leave the building without passing through the chemical. If you cannot leave the building, move as far away as you can from the chemical.
 - If you are outside, find the fastest way to get away from the chemical. If you can tell which way the wind is blowing, move in the opposite direction or upwind. If you cannot stay upwind or get away from the chemical, go inside a building.
- Call the police if they are not aware of the chemical emergency.

- 立刻离开该地区。
- 用布挡住口鼻过滤空气但仍让呼吸。
- 寻找庇护物。
 - 如果化学物是在一栋建筑物内,请离开建筑物而不要经过化学物。如果你不能离开建筑物,请尽量远离化学物。
 - 如果你在室外,找最快的方法远离化学物。如果你能分辨出风往哪个方向吹,走到反方向或上风处。如果你不能呆在上风处或远离化学物,请走进一桩建筑物内。
- 如果警察不知道化学物急症发生,请给其打电话。

If you have gotten some chemical on you or you think you may have gotten some chemical on you:**如果你身上有或你认为身上有某些化学物:**

- Take off your clothes and put them in a plastic bag. Seal the bag tightly.
- Take a shower or wash your skin and hair well with soap and water. Do not scrub the chemical into your skin. If outside, look for a hose or any source of water.
- Put on clean clothes.
- Seek medical care if you have signs of a chemical emergency.

- 脱下你的衣服并将其放入一个塑料袋。封紧塑料袋。
- 冲一个澡或用肥皂和水彻底清洗皮肤和头发。不要将化学物擦洗进你的皮肤内。如在室外,请找一根水管或任何水源。
- 穿上干净衣服。
- 如果你有化学物急症的症状,请寻求医疗。

If certain chemicals get on people, officials may have them go through **decontamination**. This involves removing clothes and showering to wash the chemicals from the skin. This may be done in a portable shower unit.

如果某化学物沾到人们身上,官员们可让其做**排污净化**。这包括脱掉衣服并冲淋浴洗去皮肤上的化学物。可在便携式淋浴间完成。