

化學物急症

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.

出事故或攻擊時有毒化學物釋放於空氣、食物或水中，這時就發生化學物急症。化學物可能是各種氣體、液體或固體。化學物可能對人和環境有害。如被人吸入、經皮膚吸收或吞下，化學物可能會傷害人。

留意化學物急症症狀，如：

- 眼流淚
- 呼吸急促或透不過氣來
- 移動或走動困難
- 思維混亂
- 顫搖動作
- 皮膚燒傷

患病或死亡的鳥、魚、小動物增加可能是化學物急症的另一跡像。

在發生化學緊急情況時

在電視、廣播、社群媒體或互聯網上收聽報告。

- 地方或州官員將告知你該尋找何種症狀。
- 官員將會告知你們是否該留在室內或離家出外。
- 如果你被告知留在室內：
 - 關掉所有火爐、空調和電扇。
 - 關閉排氣口
 - 關閉並鎖上所有門窗。

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

If you see a chemical release:

- 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.

If you have gotten some chemical on you or you think you may have gotten some chemical on you:

- 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.

如果你覺得不舒服，立刻打電話給你的醫生或去醫院。

如果你看見化學物釋放：

- 立刻離開該地區。
- 用布擋住口鼻過濾空氣但仍保證能夠呼吸。
- 尋找庇護物。
 - 如果化學物是在一棟建築物內，請離開建築物而不要經過化學物。如果你不能離開建築物，請儘量遠離化學物。
 - 如果你在室外，找最快的方法遠離化學物。如果你能分辨出風往哪個方向吹，走到反方向或上風處。如果你不能呆在上風處或遠離化學物，請走進一棟建築物內。
- 如果警察不知道化學物急症發生，請給其打電話。

如果你身上有或你認為身上有某些化學物：

- 脫下你的衣服並將其放入一個塑膠袋。封緊塑膠袋。
- 沖一個澡或用肥皂和水徹底清洗皮膚和頭髮。不要將化學物擦洗進你的皮膚內。如在室外，請找一根水管或任何水源。
- 穿上乾淨衣服。
- 如果你有化學物急症的症狀，請尋求醫療。

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.

如果某化學物沾到人們身上，官員們可讓其做**排污淨化**。這包括脫掉衣服並沖淋浴洗去皮膚上的化學物。可在便攜式淋浴間完成。