

# 清除污染

## Decontamination

Decontamination is the removal of a harmful substance from the body. It involves taking off clothing, showering and putting on clean clothes.

You will be directed to the decontamination area. The staff will be wearing protective clothing and head gear. If you have children, help them follow these steps with you.

1. Take off your clothes and place them in the large bag. You may also be given a small bag to place your valuables in.
2. Wait for your turn to shower.
3. When it is your turn:
  - Stand under the shower and rinse your hair and entire body.
  - Rinse under your arms and in all creases and skin folds.
  - Wash your hair and body with the soap.
  - Rinse your hair and body well.
4. Step out of the shower and dry off. The staff will give you something to wear and will tell you where to go next.

Tell the staff right away if your skin or eyes burn or if you have breathing problems.

清除污染是将有害物质从身体上清除，包括脱衣服、淋浴以及穿上干净衣服。

有人会带你去清污区。医护人员会穿防护服并戴头盔。如果你有孩子，请帮他们和你一起遵循这些步骤。

1. 脱掉衣服并放入一个大袋子里。也可能会给一个小袋子以放置你的贵重物品。
2. 等候轮到你冲淋浴。
3. 轮到你时：
  - 请站在淋浴头下面，冲洗头发和全身。
  - 请清洗腋下和所有皱折和皮肤皱纹。
  - 用肥皂洗头发和身体。
  - 将头发和身体清洗干净。
4. 从淋浴头下走出并擦干身体。工作人员将给你衣服穿并告知你前往何处。

如果你的皮肤或眼睛灼痛或如果你呼吸有困难，请立刻告知医护人员。