

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.

清除污染是將有害物質從身體上清除，包括脫衣服、淋浴以及穿上乾淨衣服。

有人會帶你去清汙區。醫護人員會穿防護服並戴頭盔。如果你有孩子，請幫他們和你一起遵循這些步驟。

1. 脫掉衣服並放入一個大袋子裡。也可能會給一個小袋子以放置你的貴重物品。
2. 等候輪到你沖淋浴。
3. 輪到你時：
 - 請站在淋浴頭下面，沖洗頭髮和全身。
 - 請清洗腋下和所有皺折和皮膚皺紋。
 - 用肥皂洗頭髮和身體。
 - 將頭髮和身體清洗乾淨。
4. 從淋浴頭下走出並擦乾身體。工作人員將給你衣服穿，並告訴你前往何處。

如果你的皮膚或眼睛灼痛或如果你呼吸有困難，請立刻告知醫護人員。