

核或放射急症

Nuclear or Radiation Emergencies

Nuclear or radiation emergencies occur when nuclear material or radiation is released or exploded during an accident or attack. An explosion can cause blinding light, heat, fires and dangerous radiation.

出事故或攻击时有核材料或放射泄漏或爆炸, 这时就发生核或放射急症。爆炸能引起眩目的光、热、火和危险的放射。

During a Nuclear or Radiation Emergency

If you are near the explosion:

- Leave the area right away. If you can tell which way the wind is blowing, move in the opposite direction or upwind. If possible, drive away with the windows closed.
- Find shelter, below ground if possible, but any building or shield will help limit your exposure to radiation. Shield yourself behind thick walls or metal. The thicker the shield, the better.
- Once inside:
 - Turn off all furnaces, air conditioners and fans.
 - Close vents.
 - Close and lock all doors and windows.
 - 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.
 - Put on clean clothes.
- Listen for reports on the television, radio or Internet. Stay indoors until health authorities say that it is okay to come outside.
- Seek medical care if you are hurt.

发生核或放射急症时

如果你靠近爆炸处:

- 立刻离开该地。如果你能分辨出风往哪个方向吹, 请走到反方向或上风处。如果可能, 开车时将车窗关闭。
- 找庇护物, 如果可能最好是地下, 但任何建筑物或屏蔽物都将有助于限制你暴露于放射。将自己藏在厚墙壁或金属后面。屏蔽物越厚越好。
- 一旦身处室内:
 - 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。
 - 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。
 - 穿上干净衣服。
- 请收听电视、广播电台或互联网的报道。请呆在室内直到卫生当局宣布可出户外。
- 如果你受伤了, 请寻求医疗。

If you are not close to the explosion:

Go inside and listen for reports on the television, radio or Internet. State and local officials will check the amount of radiation and tell you whether to stay inside or leave your home.

Your Health

At first, you can get hurt from the heat, fire and flying material from the explosion.

Depending on how much radiation is released, over time you may show signs of:

- Red skin
- Feeling tired
- Nausea and vomiting
- Diarrhea
- Headache
- Sore mouth or bleeding gums

It can take from a few hours to days for any signs to appear. Seek medical care if you were near the explosion. Your doctors may check for radiation effects throughout your life. Exposure to radiation can cause serious illness later in life.

如果你不靠近爆炸处:

请走进室内并收听电视、广播电台或互联网的报道。州和地方官员将检查放射量并告知你是否应呆在室内或出户外。

你的健康

最初, 你可由因爆炸引起的热、火和飞溅物而受伤。

根据放射量泄漏的多寡, 你渐渐可能出现以下症状:

- 皮肤发红
- 感觉疲累
- 恶心和呕吐
- 腹泻
- 头痛
- 口腔痛或牙龈出血

任何症状的出现可能会从几个小时到数天不等。如果你当时靠近爆炸处则请寻求医疗。你的医生可能对你终生都进行放射后果检查。暴露于放射可能在生命较后期引起重病。