

核或輻射急症

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.

出事故或攻擊時有核材料或輻射洩漏或爆炸，這時就發生核或輻射急症。爆炸能引起眩目的光、熱、火和危險的輻射。

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.

發生核或輻射急症時

如果你靠近爆炸處：

- 立刻離開該地。如果你能分辨出風往哪個方向吹，請走到反方向或上風處。如果可能，開車時將車窗關閉。
- 找庇護物，如果可能最好是地下，但任何建築物或屏蔽物都將有助於限制你暴露於輻射。將自己藏在厚牆壁或金屬後面。屏蔽物越厚越好。
- 一旦身處室內：
 - › 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。
 - › 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。
 - › 穿上乾淨衣服。
- 請收聽電視、廣播電臺或網際網路的報導。請呆在室內直到衛生當局宣佈可出戶外。
- 如果你受傷了，請尋求醫療。

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.

如果你不靠近爆炸處:

請走進室內並收聽電視、廣播電臺或網際網路的報導。州和地方官員將檢查輻射量並告知你是否應呆在室內或出戶外。

你的健康

最初，你可由因爆炸引起的熱、火和飛濺物而受傷。

根據輻射洩漏量的多寡，你漸漸可能出現以下症狀：

- 皮膚發紅
- 感覺疲累
- 噁心和嘔吐
- 腹瀉
- 頭痛
- 口腔痛或牙齦出血

任何症狀的出現可能會從幾個小時到數天不等。如果你當時靠近爆炸處則請尋求醫療。你的醫生可能對你終生都進行輻射後果檢查。暴露於輻射可能在生命較後時期引起重病。