

停电

Power Outages

Electrical power outages can happen at any time. They often occur during a storm or after an accident when power lines are damaged. The power company may get the power back on soon. At other times, power may be off for several days.

Sometimes the power company turns off the electricity to an area to save power for one to two hours at a time. The power is restored and then turned off to another area. This is called a rolling blackout. The electricity is most often turned off during times of high use. The power company tries to give warning before turning off power to an area.

If you have medical equipment such as a battery-powered wheelchair or an oxygen concentrator in your home that requires electrical power, let your power company know. They will put you on a list to restore your power more quickly. Also, check with the supplier of your medical equipment for battery backups or backup oxygen tanks in case of a power outage.

Be Prepared

To prepare for a sudden loss of power, have these supplies ready:

- Flashlights and extra batteries or wind up flashlights that do not need batteries
- Battery powered radio and extra batteries
- Food and bottled water for each member of the family
- A phone that does not need electrical power to work
- Battery backups for medical equipment or backup oxygen tanks
- Extra blankets and warm clothing
- Food and water for pets

停电可能随时发生。一阵暴风雨期间或一场事故之后电线受损害时就常常发生停电。电力公司可能很快恢复供电。其他时候,停电可能持续好几天。

有时电力公司为省电会将一个地区的电一次停掉一两个小时。供电恢复后再转停另一区的电。这称为分区轮流停电。停电最常发生在高峰使用时段。电力公司试图在给一个区停电之前发出警告。

如果你有医用设备,如用电池驱动的轮椅或家里有需用电力的氧浓缩器,请告知你的电力公司。他们会将你列在一个更快恢复供电的名单上。另外,也请查问医疗设备供应商有无备用电池或备用氧气罐,以防万一停电。

做好准备

若要准备突然停电,请备好这些用品:

- 手电筒和备用电池或不需电池的手动电筒
- 用电池作电源的收音机和备用电池
- 给家庭每一成员的食物和瓶装水
- 一台不需电力而运作的电话
- 医疗设备的备用电池或备用氧气罐
- 备用毯子和暖和的衣服
- 给宠物的食物和水

During Power Outages

- Use a flashlight for emergency lighting. If you need to use candles, never leave them burning when you leave the room or go to sleep.
- Turn off electrical equipment to prevent a surge of electricity when the power comes back on.
- Avoid opening the refrigerator and freezer so food stays cold.
- Listen to the radio for information.
- Use the phone for emergencies only.
- Call 911 only in a life-threatening emergency.
- Limit travel. Traffic lights and gas pumps may not work.
- Seek shelter with family, friends or at a community shelter if the power is out for a long time, or when it is very hot or cold.

Carbon Monoxide (CO)

During a power outage, people may use other types of fuel for heating and cooking. **Using propane, kerosene or other types of fuel in a closed building can cause carbon monoxide (CO) to build up** and poison the people inside. CO is a gas that has no odor and no color. If inhaled, it can cause sudden illness, loss of consciousness and death.

The most common signs of CO poisoning are:

- Headache
- Dizziness
- Weakness
- Nausea and vomiting
- Chest pain
- Confusion

在停电期间

- 用一个手电筒作紧急照明。如果你需要使用蜡烛,当你离开房间或去睡觉时永远不能让蜡烛燃着。
- 将用电设备关闭,以防恢复供电时电流猛增。
- 避免打开冰箱和冷藏柜,这样可保持食物寒冷。
- 听收音机以得到信息。
- 只为紧急事件而打电话。
- 仅在有关威胁生命的紧急事件时打 911。
- 限制旅游。交通灯和汽油泵可能不运作。
- 如停电很长时间,或天气很热或很冷,请和家人、朋友一起或在社区庇护所寻求庇护。

一氧化碳(CO)

在停电期间,人们可能使用其他类型的燃料用作取暖和烹饪。在关闭的房屋内使用丙烷、煤油或其他类型的燃料可引起一氧化碳(CO)积聚,毒害屋里的人。CO是一种无气味无颜色的气体。如果吸入能引起突发疾病、丧失意识并死亡。

CO中毒的最常见症状是:

- 头痛
- 头晕
- 乏力
- 恶心与呕吐
- 胸痛
- 意识混乱

People who are exposed to CO while sleeping may die before waking up. One early sign of CO poisoning is mental confusion. If you suspect CO poisoning, **have everyone go outside right away and then call 911.**

To prevent CO poisoning, have at least one carbon monoxide detector with a battery backup in your home. Check that it works and replace the battery every 6 months.

Other ways to prevent CO poisoning:

- **Never** use a gas range or oven to heat a home.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device inside a home, garage or other building even if the doors or windows are open.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device near a window, door or vent where the gases can go into the building.
- **Never** leave a car running in a closed garage.
- **Never** hook a generator directly to your home's wiring. Connect appliances or equipment directly to the outlets on the generator. Get advice from an electrician on how to safely use a generator.

Food Safety

Keep the refrigerator and freezer doors closed as much as possible. Check the temperature of food before you eat it. Throw away any food that gets warmer than 40 degrees Fahrenheit.

睡觉时暴露于 CO 的人可能未醒来便已死去。CO 中毒的早期症状是意识混乱。如果你怀疑 CO 中毒, **请立刻让每个人走到室外, 然后打 911。**

为防止 CO 中毒, 家中至少须有一个带备用电池的一氧化碳检测器。查核检测器工作正常, 并请每 6 个月换一次电池。

防止 CO 中毒的其他方法是:

- **永远不用** 瓦斯炉或烤箱给家里取暖。
- **永远不要** 在屋内、车库里或其他建筑物中使用烤架、露营火炉, 发电机或任何汽油、丙烷、天然气或烧木炭的器具, 即使门窗开着也不可。
- **永远不要** 在靠近门窗、排气口的地方使用烤架、露营火炉, 发电机或任何汽油、丙烷、天然气或烧木炭的器具, 因为煤气会进入建筑物内。
- **永远不要** 将车在一间关闭的车库中运行。
- **永远不要** 直接将发电机接到你的家的线路上。将装备或设备直接连接到发电机的出口上。请咨询电工的建议, 了解如何安全使用发电机。

食品安全

尽可能保持冰箱和冷冻箱门关闭。在你吃食物前先核对一下其温度。丢掉任何高于摄氏 4.4 度(华氏 40 度)的食物。

The food in your refrigerator:

- If the power is out less than two hours, the food should be safe to eat.
- If the power is out more than two hours, pack the food in a cooler and put ice around it.

The food in your freezer:

- If your freezer is half full, the food should stay safe for 24 hours.
- If the freezer is full, the food should stay safe for 48 hours.

Water Safety

If the power goes out in a large area, water may not be safe for drinking, cooking and washing. The local health department will issue alerts about the safety of water for drinking, cooking and washing.

If your water is not safe to drink, use bottled or boiled water to wash dishes, brush your teeth, wash and prepare food and wash your hands. Use bottled water to make baby formula. You can use an alcohol-based hand sanitizer to clean your hands. Use bottled or boiled water until health officials tell you your water supply is safe. For boiled water, bring water to a rapid boil for one minute to kill most germs and parasites.

Extreme Heat

If you have no air conditioning during a power outage and the weather is very hot, there is a risk for heat stroke, heat exhaustion, heat cramps and fainting. Heat stroke is very serious and can cause death if not treated right away. With heat stroke, the body cannot control its own temperature, sweating stops and the body temperature may rise very fast.

你冰箱里的食物:

- 如果停电不超过两个小时,食物应该是可安全食用的。
- 如果停电超过两个小时,把食物装入一个小冷箱并放上冰。

你冷冻箱里的食物:

- 如果你的冷冻箱一半满,食物放24小时应该是安全的。
- 如果冷冻箱全满,食物放48小时应该是安全的。

水的安全

如果停电是在一大片地区,将水用于饮用、烹饪和洗东西可能不安全。地方卫生部门就将水用于饮用、烹饪和洗东西的安全性会发出警报。

如果你的水无法安全饮用,请用瓶装水或煮沸的水洗碗盘、刷牙、洗东西及准备食物和洗手。用瓶装水冲婴儿配方奶。你可用酒精洗手剂清洁双手。用瓶装水或煮沸的水,直到健康官员告知你的供水安全为止。若要煮沸水,将水迅速煮沸一分钟以杀死大多数细菌和寄生虫。

极热

停电期间你如果没有空调而天气很热,会有中暑、热衰竭,热痉挛和昏晕的风险。中暑很严重,如不立刻治疗能引起死亡。中暑时,人不能控制自己的体温,出汗停止,体温可能很快上升。

The signs of heat stroke are:

- Red, hot and dry skin
- No sweating
- Rapid and strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness
- A body temperature over 103 degrees Fahrenheit

To prevent and treat heat stroke:

- Drink a glass of fluid every 15 to 20 minutes and at least one gallon each day. Do not drink alcohol or caffeine. These fluids can dehydrate you.
- Wear lightweight, light colored, loose clothes.
- Go to a cool place, sit or lie down, drink water, and wash your face with cool water if you feel dizzy, weak or overheated. If you do not feel better soon, call 911.
- Cool yourself by getting in a cool bath, taking a cool shower or wrapping yourself in a cool, wet sheet.
- Check your body temperature and continue cooling efforts until body temperature drops below 101 degrees Fahrenheit or medical help arrives.
- Open windows if outdoor air quality is good.

中暑的症状是:

- 皮肤发红、发热、发干
- 不出汗
- 脉搏快而强
- 一跳一跳的头痛
- 头晕
- 恶心
- 意识混乱
- 无意识
- 体温超过摄氏39.4度(华氏 103 度)

若要防治中暑:

- 每 15 至 20 分钟喝一杯液体, 每天至少喝一加仑液体。不要饮酒或咖啡因, 这些会使你脱水。
- 穿轻质、淡色、宽松的衣服。
- 如果你觉得晕眩、无力或过热, 走到一个凉爽的地方, 坐着或躺下、喝水、并用凉爽的水洗脸。如果你未很快觉得好转, 请打 911。
- 洗一个凉水浴、冲一个凉水澡或用凉爽的湿单子裹住自己以使自己凉爽。
- 查看你的体温并继续做使自己凉爽的事, 直到体温降到摄氏38.3度(华氏 101 度)以下或直到获得医治。
- 如果户外空气质量好就请开窗。

Extreme Cold

If you have no heat during a power outage and the weather is very cold, there is a high risk of hypothermia. This is when a person's body temperature is below 95 degrees Fahrenheit or 35 degrees Celsius.

Hypothermia is caused by a sudden loss of body heat most often from being in cold water or cold temperatures.

The signs of hypothermia are:

- Confusion
- Sleepiness
- Disorientation
- Mumbled speech
- Trouble walking or moving
- Changes in behavior

To prevent hypothermia:

- Eat and drink plenty of food and fluids
- Wear layers of clothing
- Move around
- Change your clothes if they are wet
- Stay indoors

If you think a person has hypothermia, call 911. A person with hypothermia needs to be re-warmed slowly. Until help arrives, give the person a warm drink and wrap the person with blankets. Do not rub or massage the person's skin. Do not use heat or hot water. Do not give alcohol to drink.

极寒冷

如果你在停电期间没有暖气而天气很寒冷,这时会有体温过低的高风险。这是指一个人的体温低于华氏 95 度或摄氏 35 度。

体温过低最常由在冷水或低温中体温突然丧失所引起。

体温过低的症状是:

- 意识混乱
- 想睡觉
- 失去方向感
- 喃喃而语
- 走路或移动困难
- 行为改变

若要防止体温过低:

- 吃喝大量食物和液体
- 穿多层衣服
- 到处走动
- 换掉湿衣服
- 呆在户内

如果你认为某人体温过低, **请打 911**。体温过低的人需要慢慢地再暖过来。直到有了帮助时,请给此人喝热饮料并用毯子将其裹起来。**不要**擦或按摩此人的皮肤。**不要**用暖气或热水。**不要**给喝酒。