



個人與家庭

地震與餘震 應變指南



地震是由於地表下的岩石碎裂移位，造成地面突然迅速搖動。地震會在無預警之下突然侵襲，且可能發生於白天或夜間的任何時間，以及一年中的任何季節。地震之後可能有「餘震」，也就是可能在幾分鐘、幾天、幾週甚至幾個月之後發生的較小地震或顫動。



瞭解如何因應地震與餘震。

- ▶ 在感覺地震或餘震時，蹲下身，躲入堅固的桌子下方以遮掩您的頭與頸部，靜候不動。



前往安全的地方。

- ▶ 留在（或進入）室內，以避開掉落的碎片。
- ▶ 如果您在較大的水域附近，迅速移到較高的地面。地震有時候會引發海嘯（巨浪），且可能在幾分鐘之內就抵達。
 - ▶ 步行前往，因為道路與橋樑可能受損。
 - ▶ 如果您無法疏散，請前往穩固樓房的三樓或更高樓層（若可能）。
- ▶ 請保持警戒，注意任何危險情況，例如電線掉落、結構損壞、玻璃破碎與瓦斯洩漏。
- ▶ 如果您需要疏散，不要使用電梯，改走樓梯，以免遇到餘震、停電或其它受損情況。
- ▶ 協助需要特殊協助的鄰居，例如兒童、老年人或行動力受限的人。

一般指導原則

- ▶ 從可靠的來源取得衛生與健康資訊（nyc.gov、cdc.gov 與 311）。
- ▶ 註冊 **Notify NYC**（通知紐約市）以接收有關緊急事件的資訊。
- ▶ 如果您或任何您認識的人感覺壓力罩頂或需要協助因應，請造訪 lifenet.nyc 以取得您所用語言的免費協助。
- ▶ 遇到緊急情況時，請務必撥打 **911**。



請注意地震相關的危險情況，並在必要時通知主管機關。

- ▶ 如果聞到瓦斯氣味或一氧化碳偵測器響起，請打開窗戶，然後走到戶外撥打 911。
 - ▶ 在宣告安全之前，請勿再度進入您的住家。
 - ▶ 請勿使用蠟燭、火柴或其它明火器具檢查洩漏的瓦斯管。
- ▶ 如果水管破裂，請關閉總管以防淹水。
- ▶ 若發生短路，請關閉電錶箱的電源開關（若可能）。
- ▶ 在使用馬桶之前，請檢查污水管是否完好。
- ▶ 在清潔或修理時請特別小心，應戴手套以免接觸到可能含有細菌或病毒的體液（血液、痰、汗水），完成時應清洗雙手。



EARTHQUAKES AND AFTERSHOCKS

RESPONSE GUIDE



An earthquake is a sudden, rapid shaking of the Earth caused by breaking and shifting rock beneath the Earth's surface. Earthquakes strike suddenly, without warning, and can occur at any time of the day or night, and any season of the year. Earthquakes may be followed by "aftershocks," smaller earthquakes or tremors that can happen minutes, days, weeks and even months later.



Know how to respond to earthquakes and aftershocks.

- ▶ When you feel an earthquake or aftershock, drop to your hands and knees, cover your head and neck under a strong table or desk, and hold on.



Get to a safe place.

- ▶ Stay or get inside to avoid falling debris.
- ▶ If you are near a large body of water, move to higher ground quickly. Tsunami waves (big waves) sometimes follow earthquakes and can arrive within minutes.
 - ▶ Go on foot, since roads and bridges may be damaged.
 - ▶ If you cannot evacuate, go to the third or higher floor of a sturdy building, if possible.
- ▶ Be alert for dangerous conditions such as fallen power lines, structural damage, broken glass and gas leaks.
- ▶ If you need to evacuate, use stairs instead of elevators in case of aftershocks, power outages or other damage.
- ▶ Help neighbors who may need special assistance such as children, older adults or people with limited mobility.

GENERAL GUIDELINES

- ▶ Get health information from credible sources (nyc.gov, cdc.gov and 311).
- ▶ Sign up for Notify NYC for information about emergency events.
- ▶ If you or anyone you know feels overwhelmed or needs help coping, visit lifenet.nyc for free help in your language.
- ▶ In an emergency, always call 911.



Beware of earthquake-related hazards and notify authorities if necessary.

- If you smell gas or your carbon monoxide detector goes off, open the windows, then go outside and call 911.
 - Do not re-enter until your home is declared safe.
 - Do not use candles, matches or other open flames to check for leaking gas lines.
- If water pipes are broken, shut off the main valve to prevent flooding.
- If there is a short circuit, turn off the electricity at the meter box, if possible.
- Check that sewage lines are intact before using toilets.
- Take extra care to protect against exposure to bodily fluids (blood, mucus, sweat) that may contain bacteria or viruses by using gloves when cleaning or making repairs and by washing your hands when done.