



个人与家庭

# 地震和余震 应对指南



地震是一种由地表下岩石破裂和移位所引起的突然而迅速的地面晃动。地震会在无预兆的情况下突然发生，可发生在白天或夜晚的任意时间，以及一年中的任一季节。地震后数分钟、数日、数周甚至数月内可能会伴随发生“余震”，这是一种小型地震或地表颤动。



## 了解如何应对地震和余震。

- ▶ 当您感觉到地震或余震发生时，双手及膝盖着地，在坚固的餐桌或书桌下抱头以保护头颈部，并保持不动。



## 前往安全地点。

- ▶ 待在或进入安全地点以避免掉落的碎片。
- ▶ 如果您所在之处有大量积水，请迅速转移到更高的地势。海啸（大浪）有时会伴随地震发生，数分钟后即可到达。
  - ▶ 因道路和桥梁可能被损坏，请步行前往。
  - ▶ 如果您无法疏散，请在可能的情况下前往坚固建筑物的第三层或更高的楼层。
- ▶ 对断落的电线、建筑结构破坏、破碎的玻璃和气体泄漏等危险情况保持警觉。
- ▶ 如果您需要疏散，请务必使用楼梯而非电梯，谨防余震、停电或其它伤害的发生。
- ▶ 帮助可能需要特殊协助的邻居，如儿童、老人或活动受限的人。

### 通用指南

- ▶ 从可靠来源获取健康信息（如 [nyc.gov](http://nyc.gov)、[cdc.gov](http://cdc.gov) 和 311）。
- ▶ 注册 Notify NYC（纽约资讯）以获取关于紧急事件的信息。
- ▶ 如您本人或认识的任何人感到不知所措或需要帮助，请访问 [lifenet.nyc](http://lifenet.nyc) 以获取以您所用语言提供的免费帮助。
- ▶ 如遇紧急情况，请随时拨打 911。



## 密切关注地震相关危害，如有必要，请通知有关部门。

- ▶ 如果您闻到异常气味或一氧化碳检测器报警，请打开窗户，然后走出室外并拨打 911。
  - ▶ 在相关人员宣布您的住所安全之前，请勿返回住所内。
  - ▶ 请勿使用蜡烛、火柴或其它明火检查漏气的管线。
- ▶ 如水管破裂，请关闭主阀以防发生水灾。
- ▶ 如发生短路，请在可能的情况下关闭电表箱中的电源。
- ▶ 使用卫生间前请确认下水管完好。
- ▶ 要特别注意避免暴露于可能含有细菌或病毒的体液（血液、黏液、汗液），因此在清洁或维修时需要戴手套，工作完成后需要洗手。



# 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](http://nyc.gov), [cdc.gov](http://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](http://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.