



個人與家庭

停電 應變指南



暴風雨、洪水與強風，或是無法預見的事件（例如建築物倒塌或爆炸）都可能造成停電。在炎熱的天氣下，用電顛峰也可能發生停電。許多服務可能在停電期間中斷，例如交通與醫護服務。



瞭解哪些人有風險。

最有可能受到停電影響的人包括：

- ▶ 仰賴電動維生設備的人。如果您或家人使用維生設備，請聯絡 Con Edison，電話：212-243-1900，以便在停電時優先處理。
- ▶ 住家沒有暖氣（如果停電發生在天氣寒冷時）或沒有冷氣（如果停電發生在天氣炎熱時）的人以及：
 - ▶ 65 歲以上
 - ▶ 有慢性疾病，例如心臟病、呼吸問題、糖尿病或肥胖症
 - ▶ 有嚴重的精神疾病或發展障礙
 - ▶ 服用影響身體維持正常體溫能力的藥物。請詢問您的醫生關於您所服用藥物的資訊與建議。
 - ▶ 吸毒或酗酒
 - ▶ 離群索居、行動力受限或無法離開住家的人

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。



尋求協助。

- ▶ 在安全的情況下，查看可能有風險的鄰居、朋友與親戚。
- ▶ 關於如何在酷熱或寒冷天氣下維持安全的更多資訊，請造訪 <http://www.nyc.gov/health> 並搜尋 "Extreme Heat Response Guide for Individuals & Families"（個人與家庭的酷熱應變指南）或 "Cold Weather Response Guide for Individuals & Families"（個人與家庭的寒冷天氣應變指南）。



維持食物與水的安全。

- ▶ 保存幾乎無須烹煮且無須冷藏的食物。
- ▶ 盡可能保持冰箱與冷凍庫的門關閉，以避免食物腐敗。
 - ▶ 將牛奶、起司、肉類與其它易腐敗的食物移到冷凍庫。如果冷凍庫只有半滿，請將所有食物緊靠在一起並彼此堆疊。
 - ▶ 如果門維持關閉，冰箱裡的食物將維持冰涼達四小時，在全滿冷凍庫裡的食物將維持冰涼達二天（半滿的冷凍庫則可維持一天）。
 - ▶ 將氣味、顏色或質地已經改變的冷藏食物丟棄。若有疑慮，請丟棄。
- ▶ 若當地主管機關宣布自來水不安全，請使用瓶裝水。



避免一氧化碳中毒。

- ▶ 請確定您的住家裡有正常運作的一氧化碳偵測器與煙霧警報器。如果您的樓房業主並未提供一氧化碳偵測器與煙霧警報器，請致電 311。
 - ▶ 如需更多如何測試一氧化碳偵測器的資訊，請造訪 <http://www.nyc.gov/health> 並搜尋 "Prevent Carbon Monoxide Poisoning"（避免一氧化碳中毒）。
- ▶ 切勿使用瓦斯爐或烤箱為家裡取暖。在紐約市使用煤油暖爐與小型丙烷暖氣機是違法的。
- ▶ 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。
- ▶ 在戶外使用發電機，並遠離門窗與通風口。請務必遵守製造商的說明。



若是長時間停電，請準備疏散。

如果通知您要疏散：

- 帶著您的「逃生包」(Go Bag) 與重要文件、身分證、藥物、瓶裝水、不易腐敗的食物、急救箱與使用電池的手電筒與收音機。請至 <http://www.nyc.gov> 並搜尋 "Go Bag" (逃生包) 的更多資訊。
- 和居住在疏散區域外的朋友或家人同住。如果沒有其它的收容處，請前往疏散中心。請致電 311 查詢最近的疏散中心以及關於交通方式的資訊。
- 請注意，紐約市所有的收容所都允許合法寵物與輔助動物進入。請務必攜帶寵物狗的執照、食物、狗鍊、籠子與藥物。



請小心以避免受傷。

- 盡可能避免靠近黑暗的樓梯間。必要時應使用手電筒。
- 請勿碰觸或靠近掉落的電線。
- 在外面走路、騎自行車或開車時要小心，因為交通號誌可能故障。



POWER OUTAGE RESPONSE GUIDE



Power outages or blackouts can result from storm damage, flooding and high winds, or from unforeseen incidents such as a building collapse or an explosion. They can also happen during hot weather when power usage is at its peak. Many services, including transportation and healthcare services, can be disrupted during a power outage.



Know who is at risk.

People most likely to be affected by power outages include:

- ▶ People who rely on life-sustaining equipment that requires electricity. If you or a member of your family uses life-sustaining equipment, contact Con Edison at 212-243-1900 to receive priority attention during a power outage.
- ▶ People who live in homes without heat (if the outage occurs during cold days) or who do not have a working air conditioner (if the outage occurs during hot days) AND:
 - ▶ Are 65 or older
 - ▶ Suffer from chronic medical problems such as heart disease, breathing problems, diabetes or obesity
 - ▶ Have serious mental illness or developmental disabilities
 - ▶ Take medications that affect the body's ability to maintain a normal temperature. **Check with your doctor for information and advice about any medicines you may be taking.**
 - ▶ Use drugs or drink heavily
 - ▶ Are socially isolated, have limited mobility or are unable to leave the house

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.



Reach out.

- Check on neighbors, friends and relatives who may be at risk if it is safe to do so.
- For more information about how to stay safe during extreme heat or cold weather, visit <http://www.nyc.gov/health> and search “Extreme Heat Response Guide for Individuals & Families” or “Cold Weather Response Guide for Individuals & Families.”



Keep food and water safe.

- Keep foods that need little to no cooking and no refrigeration.
- Keep refrigerator and freezer doors closed as much as possible to prevent food from spoiling.
 - Move milk, cheese, meats and other perishables into the freezer compartment. If the freezer is only partially full, keep all items close together and stacked on top of each other.
 - If doors remain closed, food in the refrigerator will stay cold for four hours, and food in a full freezer will stay cold for two days (one day for a half-full freezer).
 - Throw away any refrigerated food that has an unusual odor, color or texture.
If in doubt, throw it out.
- Use bottled water if tap water is declared unsafe by local authorities.



Prevent carbon monoxide poisoning.

- Make sure you have a working carbon monoxide detector and smoke alarm in your home. If your building owner does not provide a carbon monoxide detector and smoke alarm, call 311.
 - For more information on how to test your carbon monoxide detector, visit <http://www.nyc.gov/health> and search “Prevent Carbon Monoxide Poisoning.”
- Never use gas stoves or ovens to heat your home. Kerosene heaters and propane space heaters are illegal in New York City.
- 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.
- Use generators outdoors and away from doors, windows and vents. Always follow the manufacturer’s instructions.



If there is an extended power outage, prepare to evacuate.

If you are told to evacuate:

- Grab your “Go Bag” with your important documents, identification, medication, bottled water, nonperishable food, a first aid kit and a battery-operated flashlight and radio. Go to <http://www.nyc.gov> and search “Go Bag” for more information.
- Stay with friends or family who live outside the evacuation zones. If you have no other shelter, go to an evacuation center. Call 311 to find your nearest evacuation center and for information about transportation options.
- Note that legal pets and service animals are allowed in all NYC shelters. Be sure to bring your pet’s dog license, food, leash, cage and medication.



Take care to avoid injuries.

- Avoid dark staircases if possible. Use flashlights when needed.
- Never touch or go near fallen wires.
- Be careful when walking, biking or driving outside as traffic lights may not be working.