



爆炸 应对指南



因爆炸产生的风压、火灾、污染的空气或掉落的碎片（例如尖锐物体和玻璃）可能会对人造成伤害。爆炸也可造成健康问题，如气短或对肺、鼻、口、咽喉、眼睛或皮肤的刺激。



进入室内。

- ▶ 如果您在车内：
 - ▶ 将车开到路边，关闭发动机、窗户、通风口以及空调或暖气。
 - ▶ 用纸巾、布料或袖子遮住口鼻。
 - ▶ 待在车内，如附近有建筑物，请寻找可庇护之处。
- ▶ 如果您在室外并位于爆炸地点附近：
 - ▶ 用纸巾、布料或袖子遮住口鼻。
 - ▶ 迅速进入墙壁和窗户未损坏的建筑物内。如果墙壁或窗户有损坏，请转移至内部房间或寻找另一处建筑物。
 - ▶ 在可能与能够保证自身安全的前提下，请随身携带宠物。
- ▶ 进入室内后：
 - ▶ 关闭窗户、外门和其它通风口。
 - ▶ 在住宅或公寓内关闭可引入外部空气的窗式风扇、空调和暖气/冷气系统。

通用指南

- ▶ 从可靠来源获取健康信息（如 nyc.gov、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 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。



检查受伤情况。

- ▶ 只有在受伤或出现上述任一症状的情况下才前往医院。



随时掌握最新动态。

- ▶ 使用收音机、电视、电脑或移动设备来获取卫生官员发布的有关空气质量以及在爆炸后如何确保安全的信息。



EXPLOSIONS RESPONSE GUIDE



Explosions may result in injuries from blast pressure, fire, contaminated air or falling debris (such as sharp objects and glass). They may also cause health problems such as shortness of breath or irritation of the lungs, nose, mouth, throat, eyes or skin.



Get inside.

- ▶ If you are in a car:
 - ▶ Pull to the side of the road, turn off the engine, close the windows and vents, and turn off the air conditioner or heater.
 - ▶ Cover your nose and mouth with a tissue, cloth or sleeve.
 - ▶ Stay in the car, or find shelter if there are buildings nearby.
- ▶ If you are outside and near the explosion site:
 - ▶ Cover your nose and mouth with a tissue, cloth or sleeve.
 - ▶ Quickly enter a building whose walls and windows have not been damaged. If there is any damage to a wall or window, move to an interior room or find another building.
 - ▶ Take pets with you if it is possible and safe to do so.
- ▶ Once inside:
 - ▶ Shut windows, outside doors and other openings.
 - ▶ In houses or apartments, turn off window fans, air conditioners and heating/cooling systems that bring air from outside.

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.



Check for injuries.

- ▶ Only go to a hospital if you are injured or experience any of the symptoms listed above.



Stay informed.

- ▶ Use radios, televisions, computers or mobile devices for information from officials about air quality and how to stay safe after the explosion.