



個人與家庭

海岸風暴 應變指南



海岸風暴包括東北氣旋、熱帶風暴與颶風，可能造成嚴重的洪水、強風、豪雨與暴潮。強風與滿潮會造成危險，例如樹木傾倒、電線掉落、碎片飛揚，以及暖氣故障、停水與停電。



瞭解哪些人有風險。

最可能因為海岸風暴而傷亡的人包括：

- ▶ 居住在疏散區域的人。請造訪 <http://www.nyc.gov/hurricane> 找到您的區域，看看是否已發佈疏散令。
- ▶ 65 歲以上的人
- ▶ 離群索居、行動力受限或無法離開住家的人

請保護自己，並聯絡您知道可能有風險的人。



依照指示並保護自己與家人。

- ▶ 將任何可能遭風吹起而造成損壞或傷人的戶外物品移到室內。
- ▶ 請勿衝浪或進行任何水上運動，直到官方說情況已經恢復安全為止。
- ▶ 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，紐約市所有的海岸風暴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。

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。

- ▶ 如果您留在家裡：
 - ▶ 若您居住的地方有淹水的風險，請不要進入地下室並移動到較高樓層。
 - ▶ 遠離可能因為強風而碎裂的玻璃。



在暴風雨之後保持警戒。

- ▶ 避免靠近深的積水、掉落的電線、不穩定的樹木與樹枝，以及濕滑的表面。請致電電力公司通報掉落的電線，並致電 311 通報不安全的情況。
- ▶ 可能的話，請找人協助搬動重物，並避免靠近黑暗的樓梯間。
- ▶ 確保工作梯穩固，並僅在平地上使用。
- ▶ 在安全的情況下，查看身體較弱的朋友、親戚與鄰居是否安好。
- ▶ 避免黴菌生長。
 - ▶ 清潔與乾燥潮濕的物件。
 - ▶ 移除潮濕、多孔的物件，例如裝有軟墊的家具。
 - ▶ 修復任何漏水處，或者向樓房業主通報。
 - ▶ 若有除濕機，請使用。如果停電，應打開窗戶通風。
 - ▶ 請造訪 <http://www.nyc.gov/health> 並搜尋 "mold"（黴菌）以取得避免黴菌生長的更多資訊。



在停電時，維持食物安全。

- ▶ 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或接觸到髒水的冷藏食物丟棄。若有疑慮，請丟棄。



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。



COASTAL STORMS RESPONSE GUIDE



Coastal storms, which include nor'easters, tropical storms and hurricanes, can cause severe flooding, strong winds, heavy rain and storm surges. Strong winds and high waters can create hazards such as falling trees, downed power lines, flying debris and loss of heat, water and power.



Know who is at risk.

People most vulnerable to injury or death from coastal storms include:

- ▶ People who live in evacuation zones. Visit <http://www.nyc.gov/hurricane> to find your zone and see if an evacuation order is in effect.
- ▶ People 65 years or older
- ▶ People who are socially isolated, have limited mobility or are unable to leave the house

Protect yourself and reach out to anyone you know who may be at risk.

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.gov for free help in your language.
- ▶ In an emergency, always call 911.



Follow directions and protect yourself and family.

- ▶ Bring in any outdoor objects that could cause damage or hurt someone if picked up by the wind.
- ▶ Do not surf or perform any other water sports until officials say conditions are safe.
- ▶ 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 coastal storm shelters. Be sure to bring your pet’s dog license, food, leash, cage and medication.

- If you stay at home:
 - Stay out of basements and move to a higher floor if you live in a location that is at risk for flooding.
 - Stay away from windows that may break during strong winds.



Stay alert after the storm.

- Avoid deep and standing water, downed power lines, unstable trees and branches and wet or slippery surfaces. Call the power company to report fallen power lines and 311 to report unsafe conditions.
- Get help to lift heavy items and avoid dark staircases if possible.
- Secure ladders and use them only on level ground.
- Check on vulnerable friends, relatives and neighbors if it is safe to do so.
- Prevent mold growth.
 - Clean and dry wet objects.
 - Remove wet, porous materials such as upholstered furniture.
 - Fix any leaks or report them to your building owner.
 - Use dehumidifiers if available. If the power is out, open windows for ventilation.
 - Visit <http://www.nyc.gov/health> and search “mold” for more information on preventing mold growth.



Keep food safe if there is a power outage.

- Keep foods that need little to no cooking and do not need 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 or that may have been touched by sewage water. **If in doubt, throw it out.**



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.