

# Dharura za Kibayolojia

## Biological Emergencies

A biological emergency occurs when germs are released during an accident or attack. Germs can be sprayed into the air or released in food or drinking water. These germs must be inhaled, absorbed through the skin or eaten to make people sick. Some germs can also be spread from person to person.

A biological emergency may not be noticed until health care workers find a pattern of illness. If so, local or state officials will let you know what signs to look for in reports on the television, radio, social media and Internet.

During this type of emergency, you may not know if you were exposed to these germs, but it is important to stay calm and watch for signs. Signs depend on the type of germ but may include trouble breathing and signs of the flu. Do not assume that any illness is the result of the accident or attack. If you feel sick, call your doctor right away or go to the hospital.

### During a Biological Emergency

**Listen for reports on the television, radio, social media or Internet.**

- Local or state officials will tell you what signs to look for.
- Officials will tell you whether to stay inside or leave your home and if so, where to go.

Dharura ya kibayolojia hutokea viini vinapoachiliwa wakati wa ajali au shambulizi. Viini vinaweza kupulizwa hewani au kuachiliwa kwenye chakula au maji ya kunywa. Ni lazima mtu avute hewa ya viini hivi, viingie kupitia kwenye ngozi au kuliwa ili kuwafanya watu kuwa wagonjwa. Baadhi ya viini vinaweza pia kusambazwa kutoka kwa mtu mmoja hadi mwingine.

Huenda dharura ya kibayolojia isitambulike hadi wafanyakazi wa huduma za matibabu watakapopata mkondo wa ugonjwa. Ikiwa hivyo, maofisa wa jimbo au eneo lako watakufahamisha kuhusu dalili za kuzingatia katika ripoti kwenye televisheni, redio, mitandao jamii na Intaneti.

Wakati wa aina hii ya dharura, huenda usifahamu iwapo umeambukizwa viini, lakini ni muhimu kuwa mtulivu na uangalie dalili. Dalili zinategemea aina ya viini lakini zinaweza kujumuisha matatizo ya kupumua na dalili za influenza. Usichukulie kuwa ugonjwa wowote unatokana na ajali au shambulizi. Iwapo unajihisi kuwa mgonjwa, mpigie simu daktari wako mara moja au nenda hospitalini.

### Wakati wa Dharura ya Kibayolojia

**Sikiliza ripoti kwenye televisheni, redio, mitandao jamii au Intaneti.**

- Maofisa wa jimbo au eneo lako watakufahamisha kuhusu dalili za kuzingatia.
- Maofisa watakufahamisha iwapo utasalia au kuondoka nyumbani na ikiwa hivyo, mahali ambapo utakwenda.

**If you see or suspect a release of an unknown substance:**

1. Leave the area right away.
2. Cover your mouth and nose with fabric to filter the air but still allow breathing.
3. Take off your clothes and put them in a plastic bag. Seal the bag tightly.
4. Take a shower or wash your skin and hair well with soap and water.
5. Put on clean clothes.
6. Seek medical care.
7. Call the police if they are not aware of the biological emergency. They will take steps to help people avoid getting sick.

**Iwapo utaona au kushuku kuachiliwa kwa kitu kisichojulikana hewani:**

1. Ondoka katika eneo mara moja.
2. Funika pua na mdomo wako kwa kitambaa ili kichuje hewa lakini bado kikuruhusu kupumua.
3. Vua nguo zako na uziweke kwenye begi ya plastiki. Funga begi kabisa.
4. Oga au osha ngozi na nywele zako vizuri ukitumia sabuni na maji.
5. Vaa nguo safi.
6. Tafuta huduma za matibabu.
7. Wapigie polisi simu iwapo hawana ufahamu kuhusu dharura ya kibayolojia. Watachukua hatua za kuwasaidia watu wasiwe wagonjwa.