

# 生物急症

## 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.

出事故或攻击时有细菌释放出, 这时就发生生物急症。细菌可喷到空气中或释入食物或饮用水。这些细菌必须被吸入、经皮肤吸收或食用才使人致病。有一些细菌也以人际方式传播。

生物性突发事件可能不为人注意, 直到医务人员发现一种疾病模式为止。如是这样, 地方或州官员在电视、广播电台、社交媒体和互联网的报告中将告知你该寻找何种症状。

此类急症发生时, 你可能不知道你是否遭细菌接触, 但保持平静、寻找症状很重要。根据细菌类型不同会有不同症状, 但是可能包括呼吸困难和感冒的症状。不要假定任何疾病都是事故或攻击的结果。如果你觉得不舒服, 立刻打电话给你的医生或去医院。

### 在发生生物性突发事件时

**请关注电视、广播电台、社交媒体或互联网的报道。**

- 地方或州官员将告知你该寻找何种症状。
- 官员会告知你是否该留在室内或离家外出, 及如需外出该去哪里。

**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.

**如果你看见或怀疑不明物质泄漏释放:**

1. 立刻离开该地区。
2. 用布挡住口鼻过滤空气但仍保证能够呼吸。
3. 脱下你的衣服并将其放入一个塑料袋。紧紧封好塑料袋。
4. 冲一个澡或用肥皂和水彻底清洗皮肤和头发。
5. 穿上干净衣服。
6. 寻求医疗。
7. 如果警察不知道生物急症发生, 请给其打电话。警察将采取措施帮助人们避免得病。