

# 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.

出事故或攻擊時有細菌釋放出，這時就發生生物急症。細菌可噴入空氣或釋入食物或飲用水。這些細菌必須被吸入、經過皮膚吸收或食用才使人致病。有一些細菌也以人際方式傳播。

除非醫護人員發現疾病樣式，否則人們可能不會注意到生物緊急情況。如果是這樣，地方或州官員將告知您在電視、廣播、社群媒體和互聯網上的報導中尋找何種徵象。

在此類急症發生時，你可能不知道你是否遭細菌接觸，但保持平靜、尋找症狀很重要。根據細菌類型不同會有不同症狀，但是可能包括呼吸困難和感冒的症狀。不要假定任何疾病都是事故或攻擊的結果。如果你覺得不舒服，立刻打電話給你的醫生或去醫院。

### 在生物緊急情況下

**在電視、廣播、社群媒體或互聯網上收聽報告。**

- 地方或州官員將告知你該尋找何種症狀。
- 官員會告知你是否該留在室內或離家出外，及如需外出該去哪裡。

**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.

**如果你看見或懷疑不明物質洩漏釋放：**

1. 立刻離開該地區。
2. 用布擋住口鼻過濾空氣但仍保證能夠呼吸。
3. 脫下你的衣服並將其放入一個塑膠袋。封緊塑膠袋。
4. 沖一個澡或用肥皂和水徹底清洗皮膚和頭髮。
5. 穿上乾淨衣服。
6. 尋求醫療。
7. 如果警察不知道生物急症發生，請給其打電話。警察將採取措施幫助人們避免得病。