Dharura za Bomu au Mlipuko

Bombing or Explosion Emergencies

A bombing or an explosion can occur in any place. Bombs are used to cause fear and harm.

Plan ahead to help limit the effects of a bombing:

- Know your work, school and community disaster plans.
- Have a plan for getting out of the area and contacting family.
- Know of different places to receive medical care.

Bomu au mlipuko unaweza kutokea mahali popote. Bomu hutumika kusababisha uoga na madhara.

Weka mpango mapema ili ukusaidie kudhibiti athari za bomu:

- Fahamu mipango ya kazi, shule na jamii yako ya kukabiliana na janga.
- Kuwa na mpango wa kuondoka katika eneo na kuwasiliana na familia.
- Fahamu maeneo tofauti ya kuenda kupokea matibabu.

If you suspect someone is going to set off a bomb or a bomb is nearby:

- Leave the area right away.
- Consider personal safety at all times.
  - Follow your work, school, community and family disaster plans for leaving the building and the area.
  - Help others who are hurt or need help leaving the area.
  - Stay away from damaged buildings to avoid falling debris.
- Call 911 after you have safely left the area if police, fire and emergency squads have not arrived.
- Go to a hospital or clinic away from the event, if you need medical care, but your injuries are not serious.
- Follow directions from state and local officials.
- Be alert for additional threats.

Iwapo unashuku kuwa mtu fulani anaenda kulipua bomu au bomu iko karibu nawe:

- Ondoka katika eneo mara moja.
- Zingatia usalama wa kibinafsi kila wakati.
  - Fuata mipango ya kukabiliana na majanga ya kazini,shuleni, jamii au familia yako ya kuondoka kwenye jengo na eneo.
  - Wasaidie watu wengine ambao wameumia au wanahitaji msaada wa kuondoka katika eneo.
  - Kaa mbali na mijengo iliyoharibiwa ili usiangukiwe na vifusi.
- Piga simu kwa 911 baada ya kuondoka katika eneo ukiwa salama, iwapo vikosi vya dharura, polisi na zimamoto havijawasili.
- Nenda kwenye hospitali au kliniki iliyo mbali na eneo la tukio, iwapo unahitaji matibabu, lakini majeraha yako si hatari.
- Fuata maelekezo kutoka kwa maofisa wa jimbo na eneo lako.
- Kuwa tayari kwa hatari za ziada.

Seek medical care right away if you have:

- A head injury
- Broken bones
- Burns
- Bleeding that you cannot stop
- Eye injuries
- Trouble breathing
- Trouble walking or using an arm or leg
- Stomach, back or chest pain
- Vomiting or diarrhea

Tafuta matibabu mara moja iwapo una:

- Majeraha ya kichwa
- Mifupa iliyovunjika
- Majeraha ya moto
- Vuja damu bila kikomo
- Majeraha ya macho
- Matatizo ya kupumua
- Matatizo ya kutembea au kutumia mkono au mguu
- Maumivu ya tumbo, mgongo au kifua
- Unatapika au kuharisha

Less Serious Injuries

After a disaster, hospital and doctor offices are very busy treating life threatening injuries. Serious injuries are treated first and then minor injuries are treated. If your injuries are not serious, go to a clinic or hospital farther away from the event. This may take more travel time but you will get faster care. Less serious injuries may include:

- A cough
- A rash or burning skin
- An injury to a joint such as the ankle, wrist or shoulder
- Hearing problems
- Injuries that:
  - Become more painful
  - Have redness
  - Have swelling
  - Do not improve after 48 hours

Majeraha Yasiyo Hatari

Baada ya janga, hospitali na ofisi za madaktari huwa na shughuli nyingi zaidi za kutibu majeraha yanayotishia maisha. Majeraha hatari hutibiwa kwanza na kisha majeraha madogo. Iwapo majeraha yako si hatari, nenda kwenye kliniki au hospitali iliyo mbali na eneo la tukio. Hii huenda ikachukua muda mwingi wa kusafiri lakini utapata huduma ya haraka. Huenda majeraha yasiyo hatari yakajumuisha:

- Kukohoa
- Chunusi au ngozi inayowasha
- Jeraha la kiungo kama vile kifundo, mkono au bega
- Matatizo ya kusikia
- Majeraha ambayo:
  - Huwa na maumivu mengi
  - Huwa na wekundu
  - Huwa na uvimbe
  - Hayapati nafuu baada ya saa 48

Limited Information

After a disaster, hospital staff often cannot answer the phones and track each person they are treating. They may not be able to provide information right away about loved ones. Having a communication plan and telephone numbers for your family will help you locate family members during a disaster. An out of town contact may be the best contact person during an emergency since a local contact may also be involved in the event or local phone services may not be working. The American Red Cross can also help you locate a missing loved one during a disaster.

Mawasiliano Machache

Baada ya janga, mara nyingi wafanyakazi wa hospitali hawawezi kujibu simu na kufuatilia kila mtu wanayemtibu. Huenda wasiweze kutoa maelezo mara moja kuhusu watu unaowathamini. Hatua ya kuwa na mpango wa mawasiliano na nambari za simu kwa ajili ya familia yako itakusaidia kupata mahali wanafamilia waliko wakati wa janga. Huenda ikawa bora zaidi kuwasiliana na mtu aliye nje ya mji wakati wa dharura kwa kuwa huenda mtu wa kuwasiliana naye aliye katika eneo lako akakumbwa na tukio au huduma za simu za eneo lako huenda zisiwe zinafanya kazi. Shirika la Msalaba Mwekundu la Marekani linaweza pia kukusaidia kumpata mtu unayemthamini aliyepotea wakati wa janga.

© 2007 - September 24, 2019, Health Information Translations.

Content developed through a partnership of the Central Ohio Trauma System, the Columbus Medical Association Foundation, Columbus Public Health, Franklin County Board of Health, Mount Carmel Health, Ohio State University Medical Center and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at www.healthinfotranslations.org.