

Dharura za Nyuklia au Mionzi

Nuclear or Radiation Emergencies

Nuclear or radiation emergencies occur when nuclear material or radiation is released or exploded during an accident or attack. An explosion can cause blinding light, heat, fires and dangerous radiation.

During a Nuclear or Radiation Emergency

If you are near the explosion:

- Leave the area right away. If you can tell which way the wind is blowing, move in the opposite direction or upwind. If possible, drive away with the windows closed.
- Find shelter, below ground if possible, but any building or shield will help limit your exposure to radiation. Shield yourself behind thick walls or metal. The thicker the shield, the better.
- Once inside:
 - › Turn off all furnaces, air conditioners and fans.
 - › Close vents.
 - › Close and lock all doors and windows.
 - › Take off your clothes and put them in a plastic bag. Seal the bag tightly.
 - › Take a shower or wash your skin and hair well with soap and water.
 - › Put on clean clothes.
- Listen for reports on the television, radio or Internet. Stay indoors until health authorities say that it is okay to come outside.
- Seek medical care if you are hurt.

Dharura za nyuklia au mionzi hutokea wakati nyenzo au mionzi ya nyuklia inatolewa au kulipuliwa wakati wa ajali au shambulizi. Mlipuko unaweza kusababisha mwangaza wa kupofusha, joto, mioto na mionzi hatari.

Wakati wa Dharura za Nyuklia au Mionzi

Iwapo uko karibu na eneo la mlipuko:

- Ondoka katika eneo mara moja. Iwapo unaweza kutambua mwelekeo wa upepo, elekea kwenye upande tofauti na ule wa mwelekeo wa upepo. Ikiwezekana, endesha gari kutoka kwenye eneo ukiwa umefunga madirisha.
- Tafuta makao, chini ya ardhi ikiwezekana, lakini jengo au kinga yoyote itasaidia kupunguza hali yako ya kuathirika na mionzi. Jikinge nyuma ya kuta au chuma nzito. Kinga nzito ni bora.
- Ukiingia ndani:
 - › Zima sehemu zote za moto, visafishaji vya hewa na feni.
 - › Funga sehemu za kupitisha hewa.
 - › Funga milango na madirisha yote.
 - › Vua nguo zako na uziweke kwenye begi ya plastiki. Funga begi kabisa.
 - › Oga au osha ngozi na nywele zako vizuri ukitumia sabuni na maji.
 - › Vaa nguo safi.
- Sikiliza ripoti kwenye runinga, redio au Intaneti. Usitoke chumbani hadi mamlaka za afya ziseme kuwa ni salama kutoka nje.
- Tafuta matibabu iwapo umeumia.

If you are not close to the explosion:

Go inside and listen for reports on the television, radio or Internet. State and local officials will check the amount of radiation and tell you whether to stay inside or leave your home.

Your Health

At first, you can get hurt from the heat, fire and flying material from the explosion.

Depending on how much radiation is released, over time you may show signs of:

- Red skin
- Feeling tired
- Nausea and vomiting
- Diarrhea
- Headache
- Sore mouth or bleeding gums

It can take from a few hours to days for any signs to appear. Seek medical care if you were near the explosion. Your doctors may check for radiation effects throughout your life. Exposure to radiation can cause serious illness later in life.

Iwapo haupo karibu na eneo la mlipuko:

Ingia chumbani na usikilizi habari kwenye runinga, redio au Intaneti. Maofisa wa eneo na jimbo watakagua kiasi cha mionzi na kukufahamisha iwapo utasalia chumbani au kuondoka nyumbani kwako.

Afya Yako

Mwanzoni, unaweza kujeruhiwa kutokana na joto, moto na vitu vinavyorushwa angani kutokana na mlipuko.

Kulingana na kiasi cha mionzi inayotolewa, baada ya muda, unaweza kuonyesha dalili za:

- Ngozi nyekundu
- Kujihisi mchovu
- Kichefuchefu na kutapika
- Kuharisha
- Kuumwa na kichwa
- Midomo kali au fizi zinazotoa damu

Inaweza kuchukua kuanzia saa chache hadi siku kwa dalili zozote kuonekana. Tafuta matibabu iwapo ulikuwa karibu na eneo la mlipuko. Madaktari wako wanaweza kuangalia ili kutambua athari za mionzi katika maisha yako yote. Kuathirika na mionzi kunaweza kusababisha magonjwa hatari baadaye maishani.