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.

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**जैविक आपत्कालीन स्थिति**

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**जैविक आपत्कालीन स्थितिमा निर्देश**

देखिने, रेडियो, सामाजिक सञ्चाल वा इंटरनेटमा खबरहरू सुनौ।
- स्वास्थ्यको प्राधिकरणका संस्थापको लागि जनाइँका स्वास्थ्यको जनाइँको लागि जनाइँको प्रकार जनाइँको अनुभव बुझ्छ तर त्यस्तका सास फोर्मलाई कठिनाइ र पुलिस अधिकारीको लागि हुन सक्छन्।
- कुनैपनि बिमारी दुर्घटना वा हमलाको परिणाम हो भने नेपाली। तपाईं बिस्माद महसूस गर्नुहुन्छ भने तपाईंहरूले अपनाउँछ डक्टरलाई फोन गर्नुहोस् वा अस्पताल जानुहोस्।
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.
7. Call the police if they are not aware of the biological emergency. They will take steps to help people avoid getting sick.

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

1. त्यो ठाउँबाट तुरुन्तै निस्कनुहोस्।
2. आफ्नो मुख र नाकलाई लुगाले छोप्नुहोस् जसबाट हावा फिल्टर होस्, तर सास फेर्न सकियोस्।
3. आफ्ना लुगाहरू फुकाल्नुहोस् र तिनलाई प्लास्टिकको व्यागमा राख्नुहोस्। व्यागलाई राम्री बन्द गरुँहोस्।
4. नुहाउनुहोस् वा आफ्ना छाला र केशलाई साबुन र पानीले राम्री पखाल्नुहोस्।
5. सफ्का लुगाहरू लगाउनुहोस्।
6. चिकित्सा सेवा हासिल गरुँहोस्।
7. जैविक आपकालिन स्थितिको बारेमा प्रहरीलाई थाहा छैन भने प्रहरीलाई फोन गरुँहोस्। उनीहरूले मानिसहरुलाई विरामी हुनबाट रोक्ने मद्दतका लागि पाइलाई सार्नेछन्।