

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.

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

- Leave the area right away.
 - 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.

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

炸弹爆炸或爆炸急症

炸弹爆炸或爆炸能在任何地方发生。炸弹爆炸被用来引起恐惧和伤害。

请提前计划以帮助限制炸弹爆炸的后果：

- 了解你的工作地、学校和社区的抗灾难计划。
- 备一个有关离开该地区及联络家人的计划。
- 了解可得到医疗的不同场地。

如果你怀疑某人正要去引爆炸弹或附近有一个炸弹：

- 立刻离开该地区。
 - 请按你工作地、学校和社区的抗灾难计划离开此建筑物和该地区。
 - 请帮助其他受伤者或需要帮助离开该地区的人。
 - 远离损坏的建筑物以防碎片下落。
- 在你已安全离开该地区之后，如果警察、消防队和急救组仍未到达，请打 911。
- 如果你需要医疗但你受伤不重，请去一个远离事故地点的医院或诊所。
- 请遵循州和地方官员的指示。

如有下列情形，请立刻寻求医疗：

- 头部受伤
- 骨折
- 烧伤
- 你不能止住的流血
- 眼睛受伤
- 呼吸困难
- 走路困难或一只手臂或一条腿不能动
- 胃痛、背痛或胸痛
- 呕吐或腹泻

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

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.

不太严重的伤害

发生灾难之后，医院和医生诊所忙于治疗威胁生命的伤害。严重伤害首先得到治疗，然后才治轻伤。如果你受伤不重，请去一个远离事故地点的诊所或医院。这样路上可能会花更多时间，但是你将更快得到护理。不太严重的伤害可能包括：

- 咳嗽
- 皮疹或皮肤刺烫
- 关节受伤，如踝部、手腕或肩部
- 听力有问题
- 以下的伤害：
 - 变得更疼痛
 - 发红
 - 肿胀
 - 48个小时后未好转

有限信息

灾难之后，医院人员经常不能接听电话并追踪他们治疗的每一个人。他们不能立刻提供你亲人的信息。备一个通讯计划及你家人的电话号码会有助于在灾难期间帮你找到家庭成员。一个外地联络人可能是最好的，因为当地联络人可能也被卷入灾害之中，或当地电话服务可能会中断。灾难期间美国红十字会也能帮你找出你失踪的亲人。

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