

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

炸彈爆炸或爆炸急症

炸彈爆炸或爆炸能在任何地方發生。炸彈爆炸被用來引起恐懼和傷害。

請提前計劃以幫助限制炸彈爆炸的後果：

- 了解你的工作地、學校和社區的抗災難計劃。
- 備一個有關離開該地區及聯絡家人的計劃。
- 了解可得到醫療的不同場地。

如果你懷疑某人正要去引爆炸彈或附近有一個炸彈：

- 立刻離開該地區。
 - 請按你工作地、學校和社區的抗災難計劃離開此建築物和該地區。
 - 請幫助其他受傷者或需要幫助離開該地區的人。
 - 遠離損壞的建築物以防碎片下落。
- 在你已安全離開該地區之後，如果警察、消防隊和急救組仍未到達，請打 911。
- 如果你需要醫療但你受傷不重，請去一個遠離事故地點的醫院或診所。
- 請遵循州和地方官員的指示。

如有下列情形，請立刻尋求醫療：

- 頭部受傷
- 骨折
- 燒傷
- 你不能止住的流血
- 眼睛受傷
- 呼吸困難
- 走路困難或一隻手臂或一條腿不能動
- 胃痛、背痛或胸痛
- 嘔吐或腹瀉

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.

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不太嚴重的傷害

在發生災難之後，醫院和醫生診所忙於治療威脅生命的傷害。嚴重傷害首先得到治療，然後才治輕傷。如果你受傷不重，請去一個遠離事故地點的診所或醫院。這樣路上可能會花更多時間，但是你將更快得到護理。不太嚴重的傷害可能包括：

- 咳嗽
- 皮疹或皮膚刺燙
- 關節受傷，如踝部、手腕或肩部
- 聽力有問題
- 以下的傷害：
 - 變得更疼痛
 - 發紅
 - 腫脹
 - 48個小時後未好轉

有限資訊

災難之後，醫院人員經常不能接聽電話並追蹤他們治療的每一個人。他們不能立刻提供有關你親人的資訊。備一個通訊計劃及你家人的電話號碼會有助於在災難期間幫你找到家庭成員。一個外地聯絡人可能是最好的，因為當地聯絡人可能也被捲入災害之中，或當地電話服務可能會中斷。災難期間美國紅十字會也能幫你找出你失蹤的親人。

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