

Dharura za Kemikali

Chemical Emergencies

A chemical emergency occurs when toxic chemicals are released into the air, put in food or released in water during an accident or attack. The chemicals may be gases, liquids or solids. The chemicals may be harmful to people and the environment. Chemicals may harm people if they are breathed in, absorbed through the skin or swallowed.

Watch for signs of a chemical emergency such as:

- Watery eyes
- Shortness of breath or choking
- Problems with movement or walking
- Confused thoughts
- Twitching movements
- Burning skin

An increase in sick or dead birds, fish or small animals may be another sign of a chemical emergency.

During a Chemical Emergency

Listen for reports on the television, radio, social media or Internet.

- Local or state officials will let you know what signs to look for.
- Officials will tell you whether to stay inside or leave your home.
- If you are told to stay inside:
 - Turn off all furnaces, air conditioners and fans.
 - Close vents.
 - Close and lock all doors and windows.

Dharura ya kemikali hutokea wakati kemikali za sumu huachiliwa hewani, kuwekwa kwenye chakula au kuachiliwa majini wakati wa ajali au shambulizi. Kemikali zinaweza kuwa gesi, maji au vitu vigumu. Kemikali zinaweza kuwadhuru watu na mazingira. Kemikali zinaweza kuwadhuru watu iwapo watawuta hewa yake, kuingia kupitia kwa ngozi au kumezwa.

Angalia dalili za dharura ya kemikali kama vile:

- Macho yenye machozi
- Kunyongwa au kupungukiwa na hewa wakati wa kupumua
- Matatizo ya kusonga au kutembea
- Kuchanganyikiwa kwa mawazo
- Mshtuko wa misuli
- Ngozi inayowasha

Kuongezeka kwa ugonjwa au vifo vya ndege, samaki au wanyama wadogo huenda ikawa dalili nyingine ya dharura ya kemikali.

Wakati wa Dharura ya Kemikali

Sikiliza ripoti kwenye televisheni, redio, mitandao jamii au Intaneti.

- Maofisa wa jimbo au eneo lako watakuafahamisha kuhusu dalili za kuzingatia.
- Maofisa watakuafahamisha iwapo utasalia au kuondoka nyumbani.
- Iwapo utaambiwa kusalia chumbani:
 - Zima sehemu zote za moto, visafishaji vya hewa na feni.
 - Funga sehemu za kupitisha hewa.
 - Funga milango na madirisha yote.

If you feel sick, call your doctor right away or go to the hospital.

If you see a chemical release:

- Leave the area right away.
- Cover your nose and mouth with fabric to filter the air but still allow breathing.
- Find shelter.
 - If the chemical is in a building, leave the building without passing through the chemical. If you cannot leave the building, move as far away as you can from the chemical.
 - If you are outside, find the fastest way to get away from the chemical. If you can tell which way the wind is blowing, move in the opposite direction or upwind. If you cannot stay upwind or get away from the chemical, go inside a building.
- Call the police if they are not aware of the chemical emergency.

If you have gotten some chemical on you or you think you may have gotten some chemical on you:

- 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. Do not scrub the chemical into your skin. If outside, look for a hose or any source of water.
- Put on clean clothes.
- Seek medical care if you have signs of a chemical emergency.

Iwapo unajihisi kuwa mgonjwa, mpigie simu daktari wako mara moja au nenda hospitalini.

Ukiona tukio la kuachiliwa kwa kemikali:

- Ondoka katika eneo mara moja.
- Funika pua na mdomo wako kwa kitambaa ili kichuje hewa lakini bado kikuruhusu kupumua.
- Tafuta makao.
 - Iwapo kemikali iko kwenye jengo, ondoka kwenye jengo bila kupitia kwenye kemikali. Iwapo huwezi kuondoka kwenye jengo, songa mbali kadri uwezavyo kutoka kwenye kemikali.
 - Iwapo uko nje, tafuta njia ya kuondoka haraka kutoka kwenye kemikali. Iwapo unaweza kutambua mwelekeo wa upepo, elekea kwenye upande tofauti na ule wa mwelekeo wa upepo. Iwapo huwezi kuendelea kukaa kwenye upande tofauti na ule wa mwelekeo wa upepo au kuondoka kwenye kemikali, nenda ndani ya jengo.
- Wapigie polisi simu iwapo hawana ufahamu kuhusu dharura ya kemikali.

Iwapo una kemikali kwenye mwili wako au unafiriki kuwa una kemikali kwenye mwili wako:

- Vua nguo zako na uziweke kwenye begi ya plastiki. Funga begi kabisa.
- Oga au osha ngozi na nywele zako vizuri ukitumia sabuni na maji. Usisugue kemikali kwenye ngozi yako. Iwapo uko nje, tafuta bomba au chanzo chochote cha maji.
- Vaa nguo safi.
- Tafuta huduma ya matibabu iwapo una dalili za dharura ya kemikali.

If certain chemicals get on people, officials may have them go through **decontamination**. This involves removing clothes and showering to wash the chemicals from the skin. This may be done in a portable shower unit.

Kemikali fulani zikiwafikia watu, maafisa wanaweza kuhakikisha kuwa watu hawa wanapitia mchakato wa **kusafishwa**. Hii inajumuisha kuvua nguo na kuoga ili kuondoa kemikali kwenye ngozi. Shughuli hii inaweza kufanywa kwenye kitengo cha kuoga kinachobebeka.