

# Kupotea kwa Umeme

## Power Outages

Electrical power outages can happen at any time. They often occur during a storm or after an accident when power lines are damaged. The power company may get the power back on soon. At other times, power may be off for several days.

Sometimes the power company turns off the electricity to an area to save power for one to two hours at a time. The power is restored and then turned off to another area. This is called a rolling blackout. The electricity is most often turned off during times of high use. The power company tries to give warning before turning off power to an area.

If you have medical equipment such as a battery-powered wheelchair or an oxygen concentrator in your home that requires electrical power, let your power company know. They will put you on a list to restore your power more quickly. Also, check with the supplier of your medical equipment for battery backups or backup oxygen tanks in case of a power outage.

### Be Prepared

To prepare for a sudden loss of power, have these supplies ready:

- Flashlights and extra batteries or wind up flashlights that do not need batteries
- Battery powered radio and extra batteries
- Food and bottled water for each member of the family
- A phone that does not need electrical power to work

Kupotea kwa umeme kunaweza kutokea wakati wowote. Mara nyingi hutokea wakati wa dhoruba au baada ya ajali wakati nyaya za umeme zinapoharibiwa. Kampuni ya umeme inaweza kurejeshwa umeme baada ya muda mfupi. Wakati mwingine, umeme unaweza kupotea kwa siku kadhaa.

Wakati mwingine kampuni ya umeme huzima umeme katika eneo ili kuokoa umeme kwa saa moja au mbili kwa wakati mmoja. Umeme hurejeshwa na kisha kuzimwa kwenye eneo lingine. Hali hii inaitwa kuzimwa kwa umeme kunakokusudiwa. Mara nyingi umeme huzimwa wakati unatumiwa kwa wingi. Kampuni ya umeme hujaribu kutoa onyo kabla ya kuzima umeme katika eneo.

Iwapo una kifaa cha matibabu kama vile kiti cha magurudumu kinachoendeshwa kwa betri au kifaa cha oksijeni nyumbani kwako ambacho kinahitaji nguvu ya umeme, ifahamisha kampuni yako ya umeme. Itakuweka katika orodha ya kurejeshwa umeme kwa haraka zaidi. Pia, wasiliana na msambazaji wa kifaa chako cha matibabu ili upate betri mbadala au mitungi mbadala ya oksijeni iwapo umeme utapotea.

### Kuwa Tayari

Ili ujitayarisha kwa hali ya kupotea ghafla kwa umeme, kuwa na vifaa hivi tayari:

- Tochi na betri za ziada au tochi zisizotumia umeme ambazo hazihitaji betri
- Radio inayotumia betri na betri za ziada
- Chakula na maji ya chupa kwa kila mwanafamilia
- Simu ambayo haihitaji nguvu za umeme ili kufanya kazi

- Battery backups for medical equipment or backup oxygen tanks
- Extra blankets and warm clothing
- Food and water for pets

### **During Power Outages**

- Use a flashlight for emergency lighting. If you need to use candles, never leave them burning when you leave the room or go to sleep.
- Turn off electrical equipment to prevent a surge of electricity when the power comes back on.
- Avoid opening the refrigerator and freezer so food stays cold.
- Listen to the radio for information.
- Use the phone for emergencies only.
- Call 911 only in a life-threatening emergency.
- Limit travel. Traffic lights and gas pumps may not work.
- Seek shelter with family, friends or at a community shelter if the power is out for a long time, or when it is very hot or cold.

### **Carbon Monoxide (CO)**

During a power outage, people may use other types of fuel for heating and cooking. Using propane, kerosene or other types of fuel in a closed building can cause carbon monoxide (CO) to build up and poison the people inside. CO is a gas that has no odor and no color. If inhaled, it can cause sudden illness, loss of consciousness and death.

The most common signs of CO poisoning are:

- Headache
- Dizziness

- Betri mbadala za kifaa cha matibabu au mitungi mbadala ya oksijeni
- Blanketi za ziada na nguo nzito
- Chakula na maji ya wanyama vipendwa

### **Wakati Umeme Unapopotea**

- Tumia tochi kwa mwangaza wa dharura. Iwapo unahitaji kutumia mishumaa, usiwahi kuiacha ikiwa inawaka unapoondoka chumbani au unapolala.
- Zima kifaa kinachotumia umeme ili uzuie kuongezeka kwa volteji kwa muda mfupi umeme unaporudi.
- Usifungue friji au friza ili chakula kiendeleo kuwa baridi.
- Sikiliza habari redioni.
- Tumia simu kwa hali za dharura pekee.
- Piga simu kwa nambari 911 wakati wa dharura zinazohatarisha maisha pekee.
- Usisafiri sana. Huenda taa za trafiki na pampu za mafuta zikakosa kufanya kazi.
- Tafuta makao kwa wanafamilia, marafiki au katika makao ya jamii iwapo umeme umepotea kwa muda mrefu au iwapo kuna baridi au joto jingi mno.

### **Monoksidi ya Kaboni (CO)**

Wakati umeme unapopotea, huenda watu wakatumia aina zingine za moto kupika na kupasha joto. Hatua ya kutumia propani, mafuta ya taa au aina zingine za moto katika chumba kilichofungwa inaweza kusababisha monoksidi ya kaboni (CO) na kuua watu walio ndani. CO ni gesi ambayo haina harufu na rangi. Ikiwutwa ndani ya mwili, inaweza kusababisha ugonjwa wa ghafla, kupoteza fahamu na kifo.

Dalili za kawaida zaidi za sumu ya CO ni:

- Kuumwa na kichwa
- Kizunguzungu

- Weakness
- Nausea and vomiting
- Chest pain
- Confusion

People who are exposed to CO while sleeping may die before waking up. One early sign of CO poisoning is mental confusion. If you suspect CO poisoning, **have everyone go outside right away and then call 911.**

To prevent CO poisoning, have at least one carbon monoxide detector with a battery backup in your home. Check that it works and replace the battery every 6 months.

Other ways to prevent CO poisoning:

- **Never** use a gas range or oven to heat a home.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device inside a home, garage or other building even if the doors or windows are open.
- **Never** use a grill, camp stove, generator or any gasoline, propane, natural gas or charcoal burning device near a window, door or vent where the gases can go into the building.
- **Never** leave a car running in a closed garage.
- **Never** hook a generator directly to your home's wiring. Connect appliances or equipment directly to the outlets on the generator. Get advice from an electrician on how to safely use a generator.

- Unyonge
- Kichefuchefu na kutapika
- Maumivu ya kifua
- Kuchanganyikiwa

Watu walioathirika na CO wanapolala huenda wakafa kabla ya kuamuka. Dalili moja ya mapema ya sumu ya CO ni kuchanganyikiwa kiakili. Iwapo unashuku kuwepo kwa sumu ya CO, **ondoa kila mtu chumbani mara moja na kisha upige simu kwa nambari 911.**

Ili uzuie sumu ya CO, kuwa na angalau kifaa kimoja cha kutambua monoksidi ya kaboni na betri mbadala nyumbani kwako. Hakikisha kuwa kinafanya kazi na ubadilishe betri kila baada ya miezi 6.

Njia zingine za kuzuia sumu ya CO:

- **Usiwahi** kutumia mtungi mkubwa wa gesi au jiko kwa ajili ya kupasha nyumba joto.
- **Usiwahi** kutumia wavu wa kuchomea nyama, jiko ndogo linalobebeka la kutumiwa kambini, jenereta au petroli, propani, gesi halisi au kifaa chochote cha kuchoma makaa ndani ya nyumba, gereji au jengo jingine hata kama milango au madirisha yamefunguliwa.
- **Usiwahi** kutumia wavu wa kuchomea nyama, jiko dogo linalobebeka la kutumiwa kambini, jenereta au petroli, propani, gesi halisi au kifaa chochote cha kuchoma makaa karibu na dirisha, mlango au sehemu ya kupitisha hewa ambapo gesi inaweza kuingia chumbani.
- **Usiwahi** kuacha kuzima gari ndani ya gereji iliyofungwa.
- **Usiwahi** angika jenereta moja kwa moja kwenye nyaya za kupitisha umeme nyumbani kwako. Kuunganisha vifaa vya nyumbani au vifaa moja kwa moja kwenye milango ya kutoa umeme ya jenereta. Pata ushauri kutoka kwa fundi wa umeme kuhusu jinsi ya kutumia jenereta kwa njia salama.

## Food Safety

Keep the refrigerator and freezer doors closed as much as possible. Check the temperature of food before you eat it. Throw away any food that gets warmer than 40 degrees Fahrenheit.

The food in your refrigerator:

- If the power is out less than two hours, the food should be safe to eat.
- If the power is out more than two hours, pack the food in a cooler and put ice around it.

The food in your freezer:

- If your freezer is half full, the food should stay safe for 24 hours.
- If the freezer is full, the food should stay safe for 48 hours.

## Water Safety

If the power goes out in a large area, water may not be safe for drinking, cooking and washing. The local health department will issue alerts about the safety of water for drinking, cooking and washing.

If your water is not safe to drink, use bottled or boiled water to wash dishes, brush your teeth, wash and prepare food and wash your hands. Use bottled water to make baby formula. You can use an alcohol-based hand sanitizer to clean your hands. Use bottled or boiled water until health officials tell you your water supply is safe. For boiled water, bring water to a rapid boil for one minute to kill most germs and parasites.

## Usalama wa Vyakula

Funga milango ya friji na friza kila wakati kadri iwezekanavyo. Angalia halijoto ya chakula kabla ya kukila. Tupa chakula chochote ambacho kinapata joto la zaidi ya digrii Farenhaiti 40.

Chakula kwenye friji yako:

- Iwapo umeme umepotea kwa chini ya saa mbili, chakula kinapaswa kuwa salama kuliwa.
- Iwapo umeme umepotea kwa zaidi ya saa mbili, weka chakula kwenye kipozaji na uweke barafu kando yake.

Chakula kwenye friza yako:

- Iwapo friza yako haijazwa vitu, chakula kinapaswa kuendelea kuwa salama kwa saa 24.
- Iwapo friza imejaa, chakula kinapaswa kuendelea kuwa salama kwa saa 48.

## Usalama wa Maji

Iwapo umeme utapotea katika eneo kubwa, huenda maji yasiwe salama kwa kunywa, kupikia na kuoshea. Idara ya afya ya eneo lako itatoa arifa kuhusu usalama wa maji ya kunywa, kupikia au kuoshea.

Iwapo maji yako si salama kunywa, tumia maji ya chupa au yaliyochemshwa kuosha vyombo, kupiga mswaki, kuoga na kutayarisha chakula na kuosha mikono yako. Tumia maji ya chupa kutengeneza fomula ya mtoto. Unaweza kutumia sabuni ya kuoshea mikono iliyotengenezwa kwa pombe kusafishia mikono yako. Tumia maji ya chupa au yaliyochemshwa hadi maofisa wa afya watakapokuambia kuwa maji yako ni salama. Kwa maji yaliyochemshwa, chemsha maji upesi kwa dakika moja ili kuua viini na vimelea vingi.

## Extreme Heat

If you have no air conditioning during a power outage and the weather is very hot, there is a risk for heat stroke, heat exhaustion, heat cramps and fainting. Heat stroke is very serious and can cause death if not treated right away. With heat stroke, the body cannot control its own temperature, sweating stops and the body temperature may rise very fast.

The signs of heat stroke are:

- Red, hot and dry skin
- No sweating
- Rapid and strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness
- A body temperature over 103 degrees Fahrenheit

To prevent and treat heat stroke:

- Drink a glass of fluid every 15 to 20 minutes and at least one gallon each day. Do not drink alcohol or caffeine. These fluids can dehydrate you.
- Wear lightweight, light colored, loose clothes.
- Go to a cool place, sit or lie down, drink water, and wash your face with cool water if you feel dizzy, weak or overheated. If you do not feel better soon, call 911.

## Joto Jingi Kupita Kiasi

Iwapo huna kidhibiti joto umeme unapotea na kuna joto jingi zaidi, kuna hatari ya kupata kiharusi, uchovu, mkakamao wa misuli na kuzimia kunakosababishwa na joto. Kiharusi kinachosababishwa na joto ni hatari zaidi na kinaweza kusababisha kifo iwapo hakitatibiwa mara moja. Ukiwa na kiharusi kinachosababishwa na joto, mwili hauwezi kudhibiti halijoto wenyewe, jasho huacha kutoka na huenda halijoto ya mwili ikapanda kwa haraka zaidi.

Dalili za kiharusi kinachosababishwa na joto ni:

- Ngozi nyekundu, yenye joto na iliyokauka
- Hamna kutoa jasho
- Mapigo ya nguvu na ya kasi ya moyo
- Maumivu makali ya kichwa
- Kizunguzungu
- Kichefuchefu
- Kuchanganyikiwa
- Kupoteza fahamu
- Halijoto ya mwili inayozidi digrii Farenhaiti 103

Ili uzuie na utibu kiharusi kinachosababishwa na joto:

- Kunywa glasi moja ya viowevu kila dakika 15 hadi 20 na angalau galoni moja kila siku. Usinywe pombe au kafeini. Viowevu hivi vinaweza kumaliza maji mwilini mwako.
- Vaa nguo nyepesi, zenye rangi nyepesi na zisizobana mwili.
- Nenda mahali pasipo na joto, keti au lala chini, kunywa maji na uoshe uso wako kwa maji baridi iwapo unahisi kizunguzungu, unyonge au mwenye joto jingi kupita kiasi. Iwapo hupati nafuu baada ya muda mfupi, piga simu kwa nambari 911.

- Cool yourself by getting in a cool bath, taking a cool shower or wrapping yourself in a cool, wet sheet.
- Check your body temperature and continue cooling efforts until body temperature drops below 101 degrees Fahrenheit or medical help arrives.
- Open windows if outdoor air quality is good.
- Jitulize joto kwa kuingia kwenye maji baridi, kuoga maji baridi au kujifunga kitambaa baridi kilicholoa maji.
- Angalia halijoto ya mwili wako na uendelee na juhudi za kutuliza joto hadi halijoto itakapopungua chini ya digrii Farenhaiti 101 au wasaidizi wa afya watakapofika.
- Fungua madirisha iwapo ubora wa hewa ya nje ni mzuri.

## Extreme Cold

If you have no heat during a power outage and the weather is very cold, there is a high risk of hypothermia. This is when a person's body temperature is below 95 degrees Fahrenheit or 35 degrees Celsius.

Hypothermia is caused by a sudden loss of body heat most often from being in cold water or cold temperatures.

The signs of hypothermia are:

- Confusion
- Sleepiness
- Disorientation
- Mumbled speech
- Trouble walking or moving
- Changes in behavior

To prevent hypothermia:

- Eat and drink plenty of food and fluids
- Wear layers of clothing
- Move around
- Change your clothes if they are wet
- Stay indoors

## Baridi Nyingi Kupita Kiasi

Iwapo hamna joto umeme unapopotea na kuna baridi nyingi zaidi, kuna hatari kubwa ya kuwa na kiwango cha halijoto ya chini zaidi mwilini. Huu ni wakati ambapo halijoto ya mwili wa mtu ni ya chini ya digrii Farenhaiti 95 au digrii Selisiasi 35.

Hali ya kuwa na kiwango cha halijoto ya chini zaidi mwilini husababishwa na kupotea kwa ghafla kwa joto mwilini inayotokana mara nyingi na kuwa kwenye maji baridi au katika mazingira ya baridi.

Dalili za hali ya kuwa na kiwango cha halijoto ya chini zaidi mwilini ni:

- Kuchanganyikiwa
- Usingizi
- Kukosa mwelekeo
- Useme usioeleweka
- Matatizo ya kutembea au kusonga
- Mabadiliko ya tabia

Ili uzuie hali ya kuwa na kiwango cha halijoto ya chini zaidi mwilini:

- Kunywa na ule vyakula na viowevu
- Vaa nguo nyingi
- Tembeatembea
- Badilisha nguo zako iwapo zimeloa
- Usitoke chumbani

**If you think a person has hypothermia, call 911.** A person with hypothermia needs to be re-warmed slowly. Until help arrives, give the person a warm drink and wrap the person with blankets. Do not rub or massage the person's skin. Do not use heat or hot water. Do not give alcohol to drink.

**Iwapo unafikiri kuwa mtu ana hali ya kuwa na kiwango cha halijoto ya chini zaidi mwilini, piga simu kwa nambari 911.** Mtu aliye na hali ya kuwa na kiwango cha halijoto ya chini zaidi mwilini anahitajika kupata joto tena polepole. Kabla ya kupata usaidizi, mpe mtu huyo kinywaji vuguvugu na umfunike kwa blanketi. Usisugue au kunyoosha ngozi ya mtu huyo. Usitumie joto au maji moto. Usimpe pombe anywe.