

停電

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

停電可能隨時發生。一陣暴風雨期間或一場事故之後電線受損壞時就常常發生停電。電力公司可能很快恢復供電。其他時候，停電可能持續好幾天。

有時電力公司為省電會將一個地區的電一次停掉一兩個小時。供電恢復後再轉停另一區的電。這被稱為分區輪流停電。停電最常發生在高峰使用時段。電力公司試圖在給一個區停電之前發出警告。

如果你有醫用設備，如用電池驅動的輪椅或家裡有需用電力的氧濃縮器，請告知你的電力公司。他們會將你列在一個更快恢復供電的名單上。另外，也請查問醫療設備供應商有無備用電池或備用氧氣罐，以防萬一停電。

做好準備

若要準備突然停電，請備好這些用品：

- 手電筒和備用電池或不需電池的手動電筒
- 用電池作電源的收音機和備用電池
- 給每一家庭每個成員的食物和瓶裝水
- 一臺不需電力而運作的電話
- 醫療設備的備用電池或備用氧氣罐
- 備用毯子和暖和的衣服
- 給寵物的食物和水

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
- Weakness
- Nausea and vomiting
- Chest pain
- Confusion

在停電期間

- 用一個手電筒作緊急照明。如果你需要使用蠟燭，當你離開房間或去睡覺時永遠不能讓蠟燭燃著。
- 將用電設備關閉，以防恢復供電時電流猛增。
- 避免打開雪櫃和冷藏櫃，這樣可保持食物寒冷。
- 聽收音機以獲取資訊。
- 只為緊急事件而打電話。
- 僅在有威脅生命的緊急事件時打 911。
- 限制旅遊。交通燈和汽油泵可能不運作。
- 如停電很長時間，或天氣很熱或很冷，請和家人、朋友一起或在社區庇護所尋求庇護。

一氧化碳(CO)

在停電期間，人們可能使用其他類型的燃料用作取暖和烹飪。在關閉的房屋內使用丙烷、煤油或其他類型的燃料可引起一氧化碳 (CO) 積聚，毒害屋裡的人。CO 是一種無氣味無色氣體。如被吸入，它能引起突發疾病、喪失意識並死亡。

CO 中毒的最常見症狀是：

- 頭痛
- 頭暈
- 乏力
- 噁心與嘔吐
- 胸部疼痛
- 意識混亂

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.

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.

睡覺時暴露於 CO 的人可能未醒來便已死去。CO 中毒的早期症狀是意識混亂。如果你懷疑 CO 中毒，**請立刻讓每個人走出室外，然後打 911。**

為防止 CO 中毒，家中至少須有一個帶備用電池的一氧化碳檢測器。查核檢測器工作正常，並請每 6 個月換一次電池。

防止 CO 中毒的其他方法：

- **永遠不用**瓦斯爐或烤箱給家裡取暖。
- **永遠不要在**屋內、車庫裡或其他建築物中使用烤架、露營火爐，發電機或任何汽油、丙烷、天然氣或燒木炭的器具，即使門窗打開著也不行。
- **永遠不要在**靠近門窗、排氣口的地方使用烤架、露營火爐，發電機或任何汽油、丙烷、天然氣或燒木炭的器具，因為煤氣會進入建築物內。
- **永遠不要**將車在一間關閉的車庫中運轉。
- **永遠不要**直接將發電機接到你的家的線路上。將裝備或設備直接連接到發電機的出口上。請詢問電工的建議，了解如何安全使用發電機。

食品安全

儘可能將雪櫃和冷藏櫃門保持關閉。在你吃食物之前先核對一下其溫度。丟掉任何高於攝氏 4.4 度(華氏 40 度)的食物。

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.

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.

你雪櫃裡的食物：

- 如果停電不超過兩個小時，食物應該是可安全食用的。
- 如果停電超過兩個小時，把食物裝入一個小冷箱並放上冰。

你冷藏櫃裡的食物：

- 如果你的冷藏櫃一半滿，食物放24小時應該是安全的。
- 如果冷藏櫃全滿，食物放48小時應該是安全的。

水的安全性

如果停電是在一大片地區，將水用於飲用、烹飪和洗東西可能不安全。地方衛生部門就將水用於飲用、烹飪和洗東西的安全性會發出警報。

如果你的水無法安全飲用，請用瓶裝水或煮沸的水洗碗盤、刷牙、洗東西及準備食物和洗手。用瓶裝水沖嬰兒配方奶。你可用酒精洗手劑清潔雙手。用瓶裝水或煮沸的水，直到健康官員告知你的供水安全為止。若要煮沸水，將水迅速煮沸一分鐘以殺死大多數細菌和寄生蟲。

極熱

停電期間你如果沒有空調而天氣很熱，會有中暑、熱衰竭、熱痙攣和昏暈的風險。中暑很嚴重，如不立刻治療能引起死亡。中暑時，人不能控制自己的體溫，出汗停止，體溫可能很快上昇。

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.
- 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.

中暑的症狀是：

- 皮膚發紅、發熱發乾
- 不出汗
- 脈搏快而強
- 一跳一跳的頭痛
- 頭暈
- 噁心
- 意識混亂
- 無意識
- 體溫超過攝氏39.4度(華氏 103 度)

若要防治中暑：

- 每 15 至 20 分鐘喝一杯液體，每天至少喝一個加侖液體。不要飲酒或咖啡因，這些液體會使你脫水。
- 穿輕質、淡色、寬松的衣服。
- 如果你覺得暈眩、無力或過熱，走到一個涼爽的地方，坐著或躺下、喝水、並用涼爽的水洗臉。如果你未很快覺得好轉，請打 911。
- 洗一個涼水浴、沖一個涼水澡或用涼爽的濕單子裹住自己以使自己涼爽。
- 查看你的體溫並繼續做使自己涼爽的事直到體溫降到攝氏38.3度(華氏 101 度)以下或直到獲得醫治。
- 如果戶外空氣質量好就請開窗。

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

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.

極冷

如果你在停電期間沒有暖氣而天氣很寒冷，這時會有體溫過低的高風險。這是指一個人的體溫低於華氏 95 度或攝氏 35 度。

體溫過低最常由在冷水或低溫中體溫突然喪失所引起。

體溫過低的症狀是：

- 意識混亂
- 想睡覺
- 失去方向感
- 喃喃而語
- 走路或移動困難
- 行為改變

若要防止體溫過低：

- 吃喝大量食物和液體
- 穿多層衣服
- 到處走動
- 換掉濕衣服
- 呆在戶內

如果你認為某人體溫過低，請打 911。體溫過低的人需要慢慢地再暖過來。直到有了幫助時，請給此人喝熱飲料並用毯子將其裹起來。不要擦或按摩此人的皮膚。不要用暖氣或熱水。不要給喝酒。