

WHAT TO  
PREPARE

WHERE TO  
CALL

WHERE TO GO

WHAT TO DO

for disaster preparedness and response

# FAST FACTS

災難的準備與應變

應該怎樣做

去哪裡

往哪裡打  
電話

準備  
什麼



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## FAST FACTS



### Where to CALL

#### IMPORTANT PHONE NUMBERS

- Emergency Calls: 911
- Poison Control Center  
(800) 876-4766
- Police (non-emergency)  
(415) 553-0123  
TDD (415) 626-4357
- Power Outage Information  
(800) 743-5002
- San Francisco Customer  
Service Center  
(Government Services)  
311
- United Way Bay Area Helpline  
211

#### TO PREPARE YOURSELF AND YOUR FAMILY FOR AN EMERGENCY

- American Red Cross  
(415) 427-8000  
[www.bayarea-redcross.org](http://www.bayarea-redcross.org)
- Federal Emergency  
Management Agency  
(800) 621-3362  
TDD (800) 462-7585  
[www.fema.gov](http://www.fema.gov)
- SF Auxiliary  
Communications Service  
(HAM Radio)  
(415) 558-2717  
[www.sfacs.net](http://www.sfacs.net)
- San Francisco Fire Department  
Neighborhood Emergency  
Response Team (NERT)  
(415) 970-2022  
[www.sfgov.org/sffdnert](http://www.sfgov.org/sffdnert)
- San Francisco Department of  
Emergency Management  
Division of Emergency Services  
(415) 558-2700  
[www.sfgov.org/oes](http://www.sfgov.org/oes)
- San Francisco Department  
of Emergency Management  
[www.72hours.org](http://www.72hours.org)



## 該向那裡聯繫求助

### 重要電話號碼

- 緊急求助: 911
- 電力故障諮詢  
(800) 743-5002
- 中毒熱線  
(800) 876-4766
- 三藩市電話中心(市政府服務)  
311
- 警察(非緊急電話)  
(415) 553-0123  
TDD (415) 626-4357
- 灣區慈善金庫求助熱線  
211

### 為你和家人對災難作好準備

- 美國紅十字會  
(415) 427-8000  
[www.bayarea-redcross.org](http://www.bayarea-redcross.org)
- 三藩市消防部門街坊緊急互助隊(NERT)  
(415) 970-2022  
[www.sfgov.org/sffdnert](http://www.sfgov.org/sffdnert)
- 聯邦緊急救援事務處  
(800) 621-3362  
TDD (800) 462-7585  
[www.fema.gov](http://www.fema.gov)
- 三藩市緊急事故應變管理署  
緊急服務  
(415) 558-2700  
[www.sfgov.org/oes](http://www.sfgov.org/oes)
- 三藩市輔助通訊服務  
(業餘無線電)  
(415) 558-2717  
[www.sfacs.net](http://www.sfacs.net)
- 三藩市緊急事故應變管理署  
[www.72hours.org](http://www.72hours.org)

## FAST FACTS



### Where to GO



#### **PORTSMOUTH SQUARE** is the designated **Chinatown Disaster** **Command Center-**

Kearny & Walter Lum Pl,  
Clay & Washington Streets.

Portsmouth Square has been established as an area where people and families can register, get information, and receive emergency supplies when they become available.



**Seriously injured** victims should be sent to:

△ **Chinese Hospital**  
845 Jackson Street



**Minor first aid** victims should be treated on site or sent to whichever is closer:

△ **Chinatown Public Health Center**  
1490 Mason St  
(atop the Broadway Street tunnel)

**\*\* OR \*\***

△ **Northeast Medical Services (NEMS)**  
1520 Stockton St.



**Shelters - To be determined**



## 該往哪裏求助



花園角廣場 (Portsmouth Square) 是華埠指定的災害指揮中心 -

(乾尼街 Kearny & 林華耀街  
Walter Lum Pl, 企李街 Clay & 華盛頓街 Washington Sts) 。

市民及家人可在那裏登記、接收信息、及領取緊急用品。



嚴重受傷者應送往:

△ 東華醫院  
845積臣街 (Jackson)



輕傷者應留在現場接受治療或被送到最近的:

△ 華埠公共衛生局  
1490 美臣街 (Mason)街  
(百老匯街隧道上面)

\*\*\*或\*\*\*

△ 東北醫療中心  
1520士德頓街(Stockton)



庇護站 - 待定。

## FAST FACTS



### What to DO DURING an earthquake

- △ **Duck** under a table or big sturdy piece of furniture with your back to the window.
- △ **Cover** your head and neck with your arms.
- △ **Hold** on until the shaking stops.

Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other heavy objects that could fall. Watch out for falling plaster and ceiling tiles. Stay undercover until the shaking stops, and hold onto your cover. If it moves, move with it.

#### If you're:

- in a **HIGH-RISE BUILDING**, and not near a desk or table, move against an interior wall and protect your head with your arms. Do not use the elevators. Do not be surprised if the alarm or sprinkler systems come on. Stay indoors. Glass windows can dislodge during the quake and sail for hundreds of feet.
- **OUTDOORS**, move to a clear area away from trees, signs, buildings, electrical wires, and poles.
- on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over.
- in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves containing objects that could fall.
- in a **WHEELCHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- in a **KITCHEN**, move away from the refrigerator, stove, and overhead cupboard. (Take time NOW to anchor appliances, and install security latches on cupboard doors to reduce hazards.)
- in a **STADIUM OR THEATER**, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over, then leave in a calm, orderly manner. Avoid rushing toward exits.





### 該如何反應 地震發生時：

- △ 蹲在桌子或大件、堅固的家具之下，背向窗口。
- △ 用你的手臂保護你的頭部和脖子。
- △ 留在原位，直到地震停止。

遠離窗戶、書架、檔案櫃、重型鏡子、懸掛的植物、以及其他可能下墜的物件。慎防天花板墜下的石膏和瓦片。地震停止前，留在掩護物件之下。若它移位，隨它而擺動。

#### 如果你：

- 在樓宇的高層，而附近沒有桌子，站近一道內牆，並用手臂保護你的頭部。切勿使用電梯。要有心理準備，警鐘或自動噴灑系統可能會隨時啟動。盡量留在室內。地震時，玻璃窗可能會鬆脫而飛出幾百尺外。
- 在戶外，走向一處沒有樹木，招牌，建築物，電線，及燈柱的地方。
- 在建築物附近的行人道，躲進建築物門口通道保護自己，避開掉落的磚塊、玻璃、灰泥、及其他碎片。
- 若正在駕駛汽車，停泊到路旁。遠離天橋、電纜、和其他危險地帶。留在車內直到震動停止。
- 在一間擁擠的商店或其他公共場所內，別爭着離開出口。遠離陳列架以免被墜下的貨物擊中。
- 如正坐在輪椅上，就留在輪椅上。盡量躲避在掩護物之下，鎖好車輪，並用手臂保護你的頭部。
- 在廚房內，遠離冰箱、爐灶、及架空的碗櫃。（現在就將廚具安放好，並在碗櫃門裝上安全鎖，以減少地震時的危機）。
- 在球場或戲院內，留在你的坐位上，並用手臂保護你的頭部。地震停止前，千萬不要離開。當地震停止後，有秩序及平靜地離開。避免急於走向出口。

## FAST FACTS



### What to DO AFTER an earthquake

- △ Expect aftershocks, and plan where you will take cover when they occur.
- △ Check for injuries. Give first aid, as necessary.
- △ Watch for falling objects. Avoid broken glass.
- △ Check for fire. Take appropriate actions and precautions.
- △ Check gas, water, and electric lines. If damaged, shut off service. (see pages 12 - 16) Open windows, leave building, and report to Gas Company.
- △ Replace all telephone receivers, and use for emergency calls only.
- △ Tune to the emergency broadcast station on radio or television. Listen for emergency bulletins on 680 AM (KNBR), 740 AM (KCBS) and 810 AM (KGO).
- △ Stay out of damaged buildings.



### 該如何反應 地震發生後：

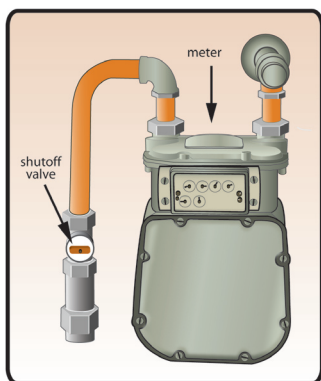
- △ 計劃當餘震發生時可以庇護你的地方。
- △ 為現場有需要的傷者提供急救。
- △ 慎防下墜的物件。 避開玻璃碎片。
- △ 若有火警，採取適當的行動和防備措施。
- △ 檢查煤氣、水管和電線。 若損壞，立即關掉總掣。 開窗及離開現場，並向煤氣公司報告。(參閱第13至17頁)
- △ 將聽筒放回電話上。電話僅在緊急或求助時使用。
- △ 將收音機或電視機調交到緊急廣播電台。 收聽 680 AM (KNBR)、 740 AM (KCBS)、或 810 AM (KGO) 的緊急報告。
- △ 遠離損毀的建築物。

## FAST FACTS

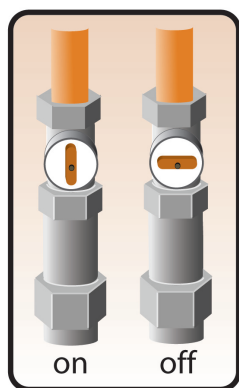


# Turn off utilities GAS

## TURN OFF GAS ONLY IF YOU SMELL GAS



1. **Identify the main shutoff valve**, which is located on the gas line coming into the main gas meter. This is usually on the exterior of your home or building, or in an external closet.



2. **To turn gas off**, give the valve a quarter turn in either direction. When the lever crosses the direction of the pipe the gas is off.

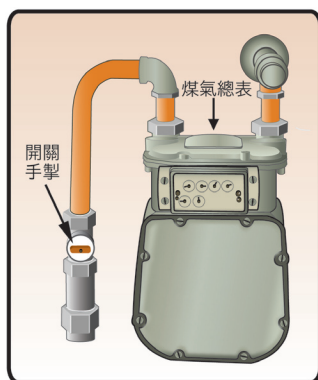
### WARNING

**IF YOU SMELL GAS**, do NOT turn on or off any Power switches. Do not use ANY open flame (candles, matches, lighters) to check for leaks.

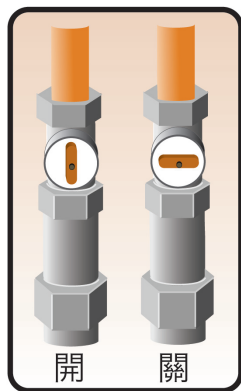


## 關掉煤氣

當你嗅到煤氣時才關掉煤氣



1. 知道主要開關手掣的位置。手掣通常設於插入煤氣總錶的煤氣管道。這通常設於房子的外牆或在一個外壁櫥內。



2. 要關閉煤氣，只須將手掣向任何一方轉90度。當手掣橫過管道的方向，煤氣即被關閉。

## 警告

如果你嗅到煤氣味，不要打開或關閉任何電掣。不要使用任何明火檢查洩漏，包括蠟燭，火柴，和打火機。



### Turn off utilities: WATER

Water leaks can cause property damage and create an electrocution hazard. Cracked pipes may allow contaminants into the water supply in your home.

- After a major earthquake, shut off your water supply to protect the water in your house.
- The water shutoff is usually located in the basement, garage or where the water line enters the home.
- The water shutoff is located on a riser pipe and is usually a red or yellow wheel.
- Turn wheel clockwise to shut off.



### 關掉水

漏水可造成財產損失和造成一種觸電的危險。破裂的水管可能允許污染物滲入您家裡的水源。

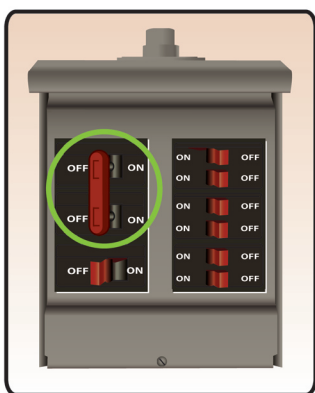
- 地震發生後, 要關閉供水總開關。
- 屋內的供水開關通常位於地下室、車庫、或通往房屋內的水管。
- 供水開關位於上層水管接駁處, 通常是紅色或黃色轉盤。
- 順時針轉動便可以關閉供水。

## FAST FACTS



### Turn off utilities ELECTRICITY

Electrocution can result from direct contact with live wires or anything that has been energized by these wires.



1. **Locate your main electric switch**, which is normally in the garage or outdoors. The panel box may have a flip switch or pull handle on a large circuit breaker.

#### 2. Shut off electricity when:

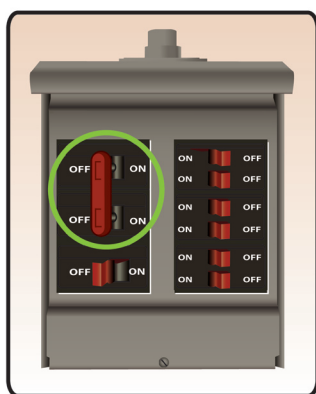
- Arcing or burning occurs in electrical devices.
- There is a fire or significant water leak.
- You smell burning insulation.
- The area around switches or plugs is blackened and/ or hot to the touch.
- A complete power loss is accompanied by the smell of burning material.





### 關掉電

跟帶電的電線或任何被這些電線傳導電的物品直接接觸，會引發觸電情況。



1. 您家的總電源開關通常安置在車庫或屋外，即是電線裝入屋內的地方。大型電路儀器上會有撥動式或手拉式的電源箱。
2. 當發生以下情況時，請關閉電源：
  - 當電力裝置出現弧光或燃燒
  - 有火災或嚴重的漏水
  - 您確定聞到燃燒隔熱板的氣味
  - 在電源開關或插座附近，呈現黑色和/或因為溫度太熱而不能觸摸
  - 在同一時間內，完全失去電源並聞到燃燒物氣味

## FAST FACTS



### What to DO During a FIRE



How to use a fire extinguisher,  
think PASS:

**P**ull the pin

**A**im the nozzle at the  
base of the fire

**S**queeze the handle

**S**weep foam from side  
to side



**If you're inside a home or building:**

- Get out of the building if you can.
- If you are trapped inside, stay near the floor.
- Go to a window and call for help
- Set off the fire alarm.
- Close doors and windows to slow down the fire.



## 該如何反應 火警



如何使用滅火器:

將保險掣拔出  
將噴嘴向着火的底部  
擠緊手掣  
將泡沫左右來回掃射



如果你在家中或其他建築物:

- 如果可以，走出建築物之外
- 如果你被困，盡量將自己貼近地下
- 走向窗口求救
- 啓動警鐘
- 關閉門窗，以減緩火勢



### What to DO During a POWER OUTAGE



- Turn off all appliances and computers.



- Leave one light on, to show when power is back on.



- Do not use candles. Use flashlights.



- When power is on again, make sure that appliances work properly.



- If you are cold, bring everyone into one room and close all doors to keep heat in.



- **Drivers:** If traffic signals are not working, treat them as stop signs.



## 該如何反應 停電



- 關掉所有電器和電腦



- 留一盞開着的燈，以顯示電力已恢復



- 不要使用蠟燭，使用手電筒



- 當電源恢復，檢查各電器是否運作正常



- 如果你感到寒冷，將大家帶進一個房間，並關閉所有大門以保暖



- 司機：如果交通燈停頓時，把燈柱當作停車指示牌

## FAST FACTS



### What to DO If someone IS INJURED

**Do not move the victim unless there is immediate danger.**



- Call 911, if the victim is bleeding or unconscious, tell the operator.



- Remain calm, stay with the victim.



## 該如何反應 如果 有人受傷

除非有即時的危險，不要移動傷者。



- 撥打911，如果傷者流血或昏迷，報告給911操作員。



- 保持冷靜，陪伴着傷者。



# Prepare for an EMERGENCY

### △ **Keep copies of important papers outside your home**

Include your passport, driver's license, social security card, health insurance cards, prescriptions, list of your valuables, will, deeds and financial records.

### △ **Choose a person to be your contact**

Choose someone outside the Bay Area. Give this person the names and telephone numbers of people to keep informed. After a disaster, ask your contact person to call those people. (see **MAKE A PLAN** page 32)

### △ **Develop emergency plans for home, school and work**

Pick exit routes and meeting points. Get familiar with emergency procedures for different situations described in this booklet. Practice your plan!

### △ **Make emergency kits for home, work and car** (see **GO BAG** page 26)

### △ **Put smoke detectors in your home**

Change the batteries twice a year.

### △ **Secure your appliances** (see page 28, 30)

### △ **Learn how to turn off utilities** (see page 12-16)





### 為緊急情況 作好準備

- △ 在家以外保存所有重要文件的副本  
包括你的護照、駕駛執照、社會安全卡、醫療保險卡、藥物處方、貴重物品的列表、遺囑、契約和財務記錄。
- △ 找一個聯絡人  
找一個住在灣區以外的人。將需要通知的人名及給電話號碼交給此人。災難之後，請你的聯絡人通知這些人。  
(見第 33 頁)
- △ 計劃好在家、學校、和在公司緊急措施  
定出集合點和出口處。知道如何及何時關掉家中的煤氣、水、和電力。演習你緊急應變措施計劃！熟悉這本小冊子中描述的緊急應變程序。
- △ 在家中、學校、及公司各準備一緊急用品袋  
見頁：求生袋 (見 “求生袋” 27 頁)
- △ 在家安裝煙霧探測器  
每年更換電池兩次
- △ 安裝好水及煤氣器具 (見第 29, 31 頁)
- △ 如何關掉水、電、及煤氣 (見第 13 - 17 頁)

## FAST FACTS



### What to PREPARE

#### GO BAG

- △ **Water** – one gallon per person per day
- △ **Food** – ready to eat or requiring minimal water. Manual can opener, cooking supplies, plates and utensils
- △ **First Aid kit** & instructions
- △ A copy of important documents, list of point of contact phone numbers
- △ Warm clothes, rain gear, blankets or sleeping bag for each family member.
- △ Heavy work gloves, disposable camera
- △ Unscented liquid household bleach and an eyedropper for water purification
- △ Personal hygiene items: toilet paper, feminine supplies, hand sanitizer, soap, toothpaste and toothbrush
- △ Plastic sheeting, duct tape and utility/pocket knife to cover broken windows
- △ Tools: crowbar, hammer, nails, adjustable wrench and bungee cords
- △ Large heavy duty plastic bags, plastic bucket for waste/sanitation, permanent marker, paper & tape, flashlights, portable radio, batteries, whistle, dust mask, local map
- △ Emergency cash in small denominations
- △ Photo of family members and pets
- △ Extra house and vehicle keys
- △ Copy of health insurance and identification cards, prescription medications, list of allergies to any drugs (especially antibiotics) or food, extra prescription eye glasses, hearing aid or other vital personal items

**Check underlined items every 6 months to be sure they have not expired and are in working order.**

**If you evacuate your home  
be sure to bring your Go Bag.**



# 該準備什麼

## 求生袋

- △ 水 - 每人每天一加侖
- △ 食品 - 即食或需要少量水份的食物。手動罐頭刀、烹調用品、碟及餐具
- △ 急救箱及指示
- △ 所有重要文件的副本、聯絡電話號碼列單
- △ 禦寒的衣服，擋雨的工具，每個家庭成員的毛毯或睡袋
- △ 勞工手套、即用即棄的照相機
- △ 無氣味的家用漂白水 and 濾水時用的滴管以用來淨化飲用水
- △ 個人衛生用品：廁紙、女性用品、洗手用的消毒液、肥皂、牙膏和牙刷
- △ 塑膠布、強力膠紙和小刀來遮蓋破爛的窗戶
- △ 工具：撬、錘子、釘子、可調較的板鉗、和有彈性的繩
- △ 大垃圾袋、載廢料及衛生用的塑膠桶、水筆、紙及膠紙、手電筒、手提收音機、電池、哨子、防塵口罩、及當地的地圖
- △ 小面額的現金以備急時之需
- △ 家人和寵物的照片
- △ 房屋及汽車的後備鑰匙
- △ 醫療保險和身份證副本、處方藥物、對任何藥物或食物過敏的列單（尤其是抗生素）、額外的處方眼鏡、助聽器或其他重要的個人物品

**每6個月要檢查以上有間線的項目，  
確保他們尚未過期/仍可使用**

**如果你要離開你的家，  
請隨身攜帶你的求生袋**



### Secure your GAS APPLIANCES



Your stove, water heater, furnace, clothes dryer, etc., may run on natural gas or propane.



Unsecured gas appliances may crush someone or rupture their gas feed line during a quake.

If these objects move or topple, the resulting gas leak may destroy your home, which would otherwise have survived with only minor damage.

- 1. Secure all gas appliances to a wall stud, and use flexible gas line. The flexible gas line should be longer than necessary to allow for some movement.**
- 2. The appliance should be secured top and bottom to prevent tipping, rolling and sliding.**
- 3. Use heavy plumber's tape or braided cable to secure your water heater to the studs in the wall.**



## 安裝好你的 燃氣器具



你的爐灶、熱水爐、電爐、和乾衣機等，都可能是靠天然氣或丙烷運作的。



當地震發生時，未被綁好的煤氣用具都可能會壓傷人；而輸送氣體的氣管道亦有破裂的危險。

如果這些器具移動或被推倒，洩漏的氣體可能會令本來只有輕微破損的房屋完全毀壞。

1. 把所有煤氣用具栓緊上牆，並用柔韌的軟身氣管。柔韌的氣管應比平常需要的長度還要長，讓氣管可以有一些活動的靈活度。
2. 用具的頂部和底部都應被栓緊，防止傾翻、滾動和滑動。
3. 使用金屬帶和線纜將你的熱水爐釘緊在牆後的直柱。

## FAST FACTS



### Secure your WATER HEATER

In order to prevent movement of your water heater during an earthquake, you need to secure it to the floor and the wall studs behind it. Movement by the water heater can cause gas or water lines to break, destroying a home that otherwise might have survived the earthquake. Also, insure that your gas lines to your appliances are of current flexible designs.

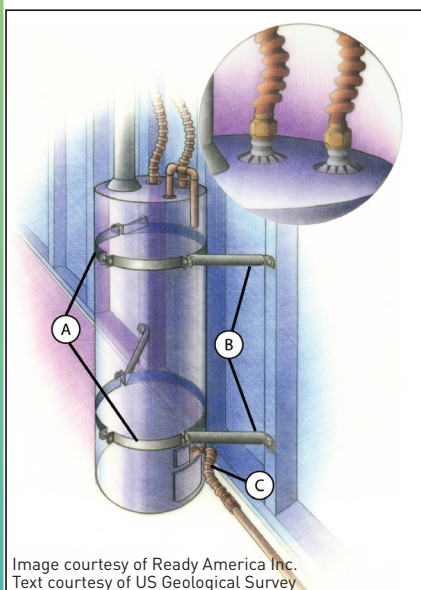


Image courtesy of Ready America Inc.  
Text courtesy of US Geological Survey

1. Wrap a 1-1/2-inch-wide, 16-gauge-thick metal strap **A** around the top of the water heater and bolt the ends together. Do the same about 1/3 of the way up the side of the water heater.

2. Take four lengths of EMT electrical conduit, each no longer than 30 inches. Flatten the ends. Bolt one end to the metal strap as shown **B**. Screw the other end to a 2-inch by 4-inch stud in the wall using a 5/16-inch by 3-inch lag screw.

3. Be sure a flexible pipe **C** is used to connect the gas supply to the heater.

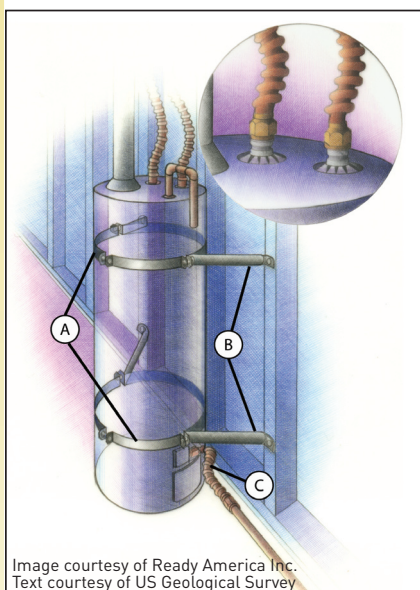
#### NOTE:

Please also be sure to secure other household items such as pictures and wall hangings and use restraints to secure heavy items such as bookcases and file cabinets.



# 安裝好你的 熱水爐

為了防止你的熱水爐在地震時移動，你必須將它安裝好在地上和釘好在後牆上。熱水爐的移動可以引起輸氣管或水管破裂，能催毀本來可抵禦地震的房屋。另外，確保你的輸氣管是柔韌的軟管。



1. 用一根寬1-1/2英寸，1/16英寸厚的金屬帶 **Ⓐ** 在熱水爐的頂部繞一圈，並將兩端用螺絲栓拴在一起。在熱水爐下端的三分之一處用同樣的方法把熱水爐繞一圈。
2. 拿4條每條不長於30英寸的金屬帶，把金屬帶的兩端弄平。如圖 **Ⓑ** 所示將一端用螺絲栓固定在繞著熱水爐的金屬帶上，另一端用一枚5/16英寸乘3英寸的拉力螺釘固定在牆上的一枚2英寸乘4英寸的螺絲釘上。

3. 確定煤氣供應器和熱水爐時由一條軟管 **Ⓒ** 連接的。

注意: 請別忘了將掛畫和掛在牆上的物件固定好，體積較重的物品，例如書架和文件櫃，用固定器將其位置固定。

## FAST FACTS



### Make A PLAN

Write the locations of safe places  
in each room of your home:

bedroom:	bedroom:
living room:	kitchen:
other:	other:

Choose an out of town relative or friend  
to be family contact person(s):

name:	phone:
alternate name:	alternate phone:

Put together disaster supplies kits:

GO BAG	date last checked									
location:										
bag in car										

Teach household members how to turn off utilities:

UTILITIES	specific location
gas valve	
water valve	
electrical switches	
tools	

**Reread this periodically  
over the next few weeks and months.**





## 做應變計劃

寫下你家中每一間房間的安全地點:

臥室：	臥室：
客廳：	廚房：
其他：	其他：

寫下住在其他城市的聯絡人資料(親屬或朋友):

姓名(1):	電話號碼:
姓名(2)：	電話號碼(2):

準備一個應急用品袋:

求生袋	上次檢查過的日期									
位置:										
汽車內救生袋										

教導家人如何關掉水、電、及煤氣

公用事業	位置
煤氣掣	
水掣	
電掣	
工具	

未來幾週和幾個月，  
重複閱讀這個列表。

## NOTES 註釋

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