



How to purify water

Water can be purified by adding a small amount of household bleach. Once added, shake or stir water container and let stand for thirty minutes before drinking.

If water is	Water Quantity	Bleach Added
Clear	1 Quart	2 Drops
	1 Gallon	8 Drops
Cloudy	1 Quart	4 Drops
	1 Gallon	16 Drops

如何淨化水質

加入少量的家庭用漂白劑即可淨化水質，在裝水的容器中加入漂白劑後，將它搖晃或攪拌一下，然後靜置三十分鐘後再飲用。

如果水是：	水量	加入的漂白劑
清澈	1 夸脫	2滴
	1加侖	8滴
混濁	1 夸脫	4滴
	1加侖	16滴



Emergency contacts

Do not use the phone unless necessary. Write down your emergency numbers:

Fire Department

Hospital / Doctor

Police

Family contact (out of the area)

Family contact (out of the area)

緊急聯絡資料

非必要情況下，不要使用電話。寫下你的緊急聯絡電話號碼。

消防部門

醫院/醫生

警察局

親人(住在不同區)

親人(住在不同區)

Resources

SF Fire Department Neighborhood Emergency Response Team

NERT is a free training program for individuals, neighborhood groups and community-based organizations in San Francisco. Through this program, individuals will learn the basics of personal preparedness and prevention. Sign up today!

www.sf-fire.org/neighborhood-emergency-response-team-nert

SF72 - San Francisco's hub for emergency preparedness.

www.sf72.org

資料來源

舊金山消防部門鄰里緊急災變反應小組

鄰里緊急反應小組(NERT)是一個針對住在舊金山的個體居民、鄰里團體和社區組織所提供的免費訓練計畫。通過這個計畫，居民可以學習到緊急災變時個人如何準備和防災的基本知識。

www.sf-fire.org/neighborhood-emergency-response-team-nert

SF72 - 舊金山緊急災變準備中心

www.sf72.org

▼ Get connected

Text your **Zip Code** to **888-777** to receive real time emergency alerts from AlertSF, San Francisco's emergency text message system.

Emergency supply checklist

Assemble enough supplies to last at least **72 hours**.

Essentials

- Water - 1 gallon per person per day
- First aid kit
- Flashlight and extra batteries
- Fire extinguisher
- Manual can opener
- Non-perishable food

Useful

- Warm clothes, sturdy shoes
- Radio (battery operated or hand crank)
- Cash
- Sleeping bag or blankets
- Cellphone charger (battery operated or car plug-in)
- Tools

Personal

- Prescriptions
- Sweet (or salty) treats
- Personal hygiene & sanitation items
- Personal documents
- Children's toys and games
- Pet items

Perishable supplies should be replaced at least once a year

Many companies sell pre-made emergency kits. Try your local hardware, grocery or drugstore or purchase online.

▼ 及時獲知訊息

發送你的郵遞區號到888-777，即可接收到AlertSF的即時緊急災變警報。

應變用品清單

備妥足夠的應變用品，至少夠用 72小時。

必需品

- 水-每個人每天1加侖
- 急救箱
- 手電筒和備用電池
- 滅火器
- 手動開罐器
- 罐頭等可長期保存的食品

有用的物品

- 保暖衣服，結實耐用的鞋子
- 收音機(使用電池或手搖式)
- 現金
- 睡袋或毯子
- 手機充電器(使用電池或可插入車中充電)
- 工具

個人用品

- 處方藥
- 甜味或鹹味點心
- 個人衛生清潔用品
- 個人的文件
- 兒童的玩具或遊戲
- 寵物用品

會腐敗的用品至少一年須換新一次

許多公司都有販賣現成的應急包，你可到五金行、藥局或網路上購買。

Earthquake safety for your home

地震居家安全指南

Keep this guide in your kitchen drawer for future reference and use after a disaster.

將本指南置於廚房的抽屜內，以便將來參考，當有災變發生時可以使用。

Before

災變前

1

Gather supplies

Use the checklist to assemble supplies for your home, workplace, and vehicle. Backpacks or other small bags are ideal.

準備應變用品

使用應變用品清單來為你的家、辦公室和汽車準備所需用品。所需用品最好是裝在背包或者小袋子里。

2

Make a plan

- Know where the closest fire station, hospital and police station are.
- Establish evacuation routes and a family meeting site.
- Know where the fire extinguisher and utility shut offs are. Place a wrench next to your gas shut off.
- Place a flashlight and pair of shoes under every bed.

擬定計畫

- 熟悉最近的消防隊、醫院和警察局在哪裡。
- 制定疏散路線和與家人碰面的地點
- 了解滅火器放置的地方和水電煤氣關閉控制在哪裡。在煤氣關閉處放置一個板手。
- 在每個床的下面放置一支手電筒和一雙鞋。

3

Secure your home

There should be at least one fire extinguisher and one smoke detector on each floor of your home. Secure heavy furniture to the walls. Move items that can fall and place heavy items closer to the floor.

居家安全

你家中的每一層樓至少要有一個滅火器和煙霧感測器。把重型的家具繫牢在牆上。搬開容易掉落的物品，把重物放在靠地板的地方。

During

災變中

⚠️ Stay away from windows and do not run from the building.

⚠️ 不要靠近窗戶，不要跑到室外。



Drop
趴下



Cover
掩護



Hold on
抓緊

After

災變後

- ⚠️ Be ready for aftershocks
- ⚠️ Stay off the phone unless necessary
- ⚠️ Use stairs / do not use elevators
- ⚠️ Do not enter damaged buildings

- ⚠️ 預期會有餘震發生
- ⚠️ 非必要情況下，不要使用電話
- ⚠️ 用樓梯/不要搭電梯
- ⚠️ 不要進入受損的建築物



Check health / safety

Attend to any injuries. Do not move seriously injured people unless they're in imminent danger of being harmed.

健康狀況/安全檢查

照顧傷者。不要移動嚴重傷者，除非傷者面臨立即的危險。

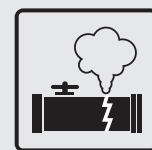


Inspect damage

Put out any small fires. Check for structural damage. If the building appears unsafe, collect your supplies and evacuate.

查看損壞情況

撲滅任何小火災。檢查結構上的損壞，如果建築物看起來不安全，你應該攜帶你的應變用品撤離。

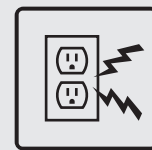


When to shut off the gas

- If you can smell natural gas.
- If, on your meter, the wheels that don't have numbers are spinning rapidly.
- If the building has sustained heavy structural damage or collapsed.

何時應該關閉煤氣

- 如果你聞到天然煤氣味。
- 如果你的煤氣儀表盤沒有數字，但仍快速轉動。
- 如果建築物有嚴重的結構損壞或倒塌。



When to shut off the electricity

- If you detect arcing or burning in electrical devices, switches or plugs.
- If you can smell burning insulation.
- If a complete loss of power is accompanied by a burning smell.
- If the building has collapsed (only if safe and accessible).

何時應該關閉電源

- 當你偵測到電氣設備、開關或插座開始燃燒。
- 當你聞到絕緣隔熱物產生燒焦的氣味。
- 當你發現完全停電，而且聞到燒焦味。
- 當建築物倒塌了(只有在可安全進入的情況下)。

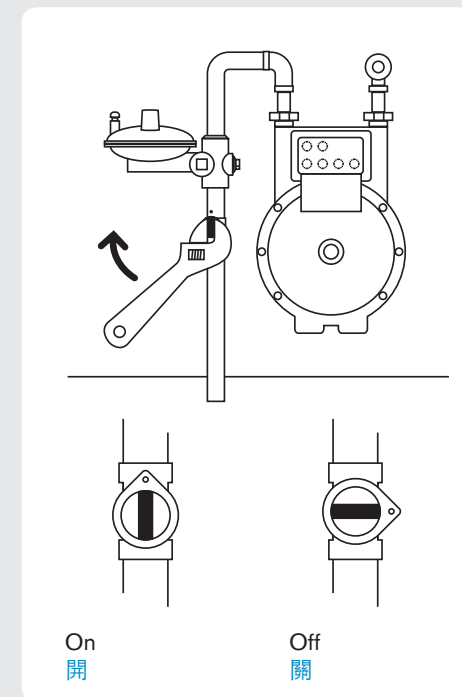


When to shut off the water

- If there's a severe leak inside the building.
- If a building has collapsed or sustained major structural damage (at the Water Department shutoff if it is safe to do so).

何時應該關水

- 如果建築物內有嚴重的漏水情形。
- 如果建築物已倒塌或遭受重大結構損壞(如果關閉供水部門的斷水閥是安全的情況下)。



How to shut off your Gas

⚠️ Only shut off your gas if there is a need to do so. Call PG&E to turn your gas back on. Never do it yourself.

Appliance: located on gas pipe connecting appliance to gas supply, usually behind the appliance.

Individual Unit: usually located close to the main gas meter, or next to each individual gas meter.

Main (inside or outside): usually located in a garage, basement or alley; usually towards the front of the building, next to main gas meter.

PG&E: Usually in the sidewalk in front of the building under a plate; usually marked "PG&E Gas".

如何關閉煤氣

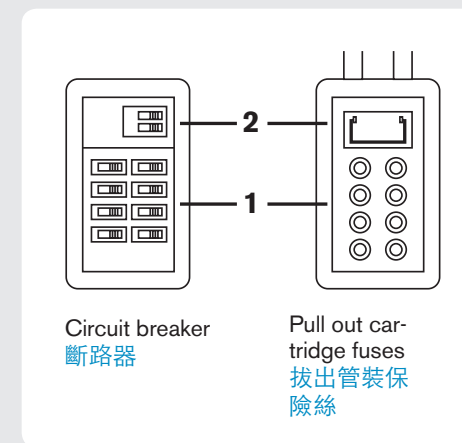
⚠️ 只有在必要的情況下，才須關閉煤氣。打電話讓PG&E來重新打開煤氣開關。千萬不要自己來做。

家電用品：位於煤氣管路和煤氣供應口連接處，通常位於家電的後面。

個別的家電：通常位於主要的煤氣儀表附近，或在每個單獨的煤氣儀表旁邊。

主機(室內或室外)：通常位在車庫、地下室或巷內；通常位在建築物的前面，在主要的煤氣儀表旁邊。

PG&E：通常位於建築物前的人行道上，在一塊金屬板下，上面標示有「PG&E Gas」。



How to shut off your electricity

Main electrical shutoff: Usually located in a garage, basement or alley.

Individual unit shutoffs: Usually located next to the main breaker, in individual units, or somewhere else within the building.

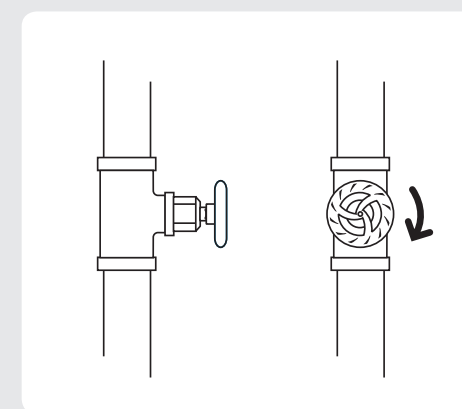
⚠️ Be careful turning the power back on as power may surge or arc.

如何斷電

主要斷電控制：通常位在車庫、地下室或巷內。

個別斷電控制：通常位在主斷路器旁，在獨立的單位，或是位於室內其他地方。

⚠️ 恢復供電時要小心，因為可能會造成電突波或電弧。



How to shut off your Water

Inside water shutoff: Usually located in a basement, garage or alley; usually a red or yellow wheel.

Water Department Shut off: Under the sidewalk at the front of the building; usually under a plate marked "SFWD".

如何關閉水源

室內供水關閉控制：通常位在地下室、車庫或巷內；通常是紅色或黃色的轉輪。

供水部門的供水關閉控制：在建築物前的人行道下面，通常有會一個金屬牌，上面標明SFWD。