

# 在山火霧霾下管理慢性疾病的技巧

## Chronic Disease Management During Extreme Environmental Conditions and Wildfires

### 常見資源 General Resources

#### 人口統計上易受傷害群體的普遍性 Demographically Vulnerable Groups

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| <ul style="list-style-type: none"><li>• 年齡兩極化的人群</li><li>• 懷孕女性</li><li>• 婦女</li><li>• 社經地位較差的群體</li><li>• 病患者（特別是心臟和呼吸系統疾病）</li><li>• 吸煙者</li></ul> | <ul style="list-style-type: none"><li>• Very young and elderly individuals</li><li>• Pregnant Women</li><li>• Women</li><li>• Individuals with a poor socio-economic status</li><li>• People with illness (especially heart and respiratory disease)</li><li>• Smokers</li></ul> |
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#### 做好準備 Preparation Before Threat of Wildfire

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| <ul style="list-style-type: none"><li>• 瀏覽緊急服務網站和最新消息 (詳情可查看下列的社區資源)，並與家人提前規劃</li><li>• 提前安排您的房子事宜</li><li>• 預備應急包及隨行袋 (應急物資包括藥物、重要文件和紀念品等)</li><li>• 為動物/寵物規劃安頓事宜</li></ul> | <ul style="list-style-type: none"><li>• Review the emergency websites (see resources at the end of this summary) and make a plan with family</li><li>• Prepare Your House</li><li>• Prepare a Grab-and-Go Bag (emergency supplies including medications, important documents and keepsakes, etc.)</li><li>• Plan for animals/pets</li></ul> |
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## 山火煙霧管理 Wildfire Smoke Management

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| <ul style="list-style-type: none"><li>• 減少戶外活動</li><li>• 待在家中/室內</li><li>• 遠離火源</li><li>• 監察家居氧氣水平</li><li>• 確保您能夠取得藥物</li><li>• 確保您能夠取得吸入器</li><li>• 監測官方報告/最新消息</li><li>• 在戶外配戴N95口罩</li></ul> | <ul style="list-style-type: none"><li>• Reduce your amount of outdoor activity</li><li>• Stay home/indoors</li><li>• Stay away from the source of the fire</li><li>• Monitor your home oxygen levels</li><li>• Ensure you have access to your medicine</li><li>• Ensure you have access to your inhaler</li><li>• Monitor official reports</li><li>• Wear a N95 mask outdoors</li></ul> |
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## 家中減少煙霧暴露 Reduce Smoke Exposure in the Home

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| <ul style="list-style-type: none"><li>• 暖通空調系統 (HVAC)</li><li>• 關閉門窗</li><li>• 高效濾空器 (HEPA濾芯)</li><li>• 臭氧生成空氣淨化器</li></ul> | <ul style="list-style-type: none"><li>• Heating, Ventilation and Air Conditioning (HVAC)</li><li>• Close doors and windows</li><li>• High-Efficiency Particulate Air filter (HEPA filter)</li><li>• Ozone-Generating Air Purifiers</li></ul> |
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## 應對火災威脅 How to Respond to Fire Risks

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| <ul style="list-style-type: none"><li>• 提前做好準備以應對火災帶來的威脅</li><li>• 密切留意當地火災風險的信息</li></ul> | <ul style="list-style-type: none"><li>• Prepare ahead for the threat of fire</li><li>• Closely monitor local fire risk information</li></ul> |
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## 應對火災威脅 (續)

### How to Respond to Fire Risks (Continued)

- 預備撤離計劃並準備隨時離開
  - 在危險區域及早離開
  - 與家人和朋友保持聯繫
  - 提前制定疏散計劃
  - 確定如何與家人和朋友聯絡
  - 如果需要離開超過一天，請聯絡當地政府以獲取住宿資訊及任何災害援助
  - 在官員確認安全後才返回居住地
- Have an evacuation plan and be ready to leave at any time
  - Act early - in the danger zone, leave early
  - Check in with family and friends
  - Prepare a plan ahead of time for evacuation
  - Plan how to check in with family and friends
  - If you need to be away for more than a day contact local officials for information on where to stay and for any disaster assistance
  - Only return when officials say it is safe

### 社區資源 Community Resources

#### 卑詩健康資訊 HealthLink BC

電話 Call: 8-1-1

(每天24小時提供卑詩省醫療保健系統的信息，設有中文服務)

(health system navigators 24 hours per day and Chinese speakers are available)

網頁 Website: [www.healthlinkbc.ca](http://www.healthlinkbc.ca)

#### 使用應用程式 Use App

(Available on App Store, Google Play, or Microsoft store)

(可於 App Store、Google Play 或 Microsoft store 網路商店免費下載)



**HealthLinkBC**  
BC Health Service Locator  
Province of British Columbia

## 社區資源 Community Resources

### 卑詩省家庭照顧者中心 Family Caregivers of BC

照顧者熱綫 Caregiver Support Line: 1-877-520-3267

### Self-Management British Columbia - Chronic Pain Program

網頁 Website: [www.selfmanagementbc.ca/chronicpainselfmanagement](http://www.selfmanagementbc.ca/chronicpainselfmanagement)

### 卑詩省長者指南 BC Seniors' Guide

附有中文，如要預訂指南的副本，請致電：1-877-952-3181

Available in Chinese To obtain a print copy, call: 1-877-952-3181

### 預備應急包及隨行袋 Build an emergency kit and grab-and-go bag

附有中文 Available in Chinese

網頁 Website: <https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag/sc>

### 計劃、準備、了解狀況 Plan, Prepare, Stay Informed (BC Government)

網頁 Website: <https://www2.gov.bc.ca/gov/content/safety/wildfire-status/prepare/plan-prepare-stay-informed>

### 為野火做好準備 Prepare for Wildfires (Government of Canada)

網頁 Website: <https://www.getprepared.gc.ca/cnt/hzd/wldfrs-en.aspx>

### 危急和應變事項 Hazards and Emergencies

網頁 Website: <https://www.getprepared.gc.ca/cnt/hzd/index-en.aspx>

## 社區資源 Community Resources

### 加拿大紅十字會 Canadian Red Cross: Wildfires

網頁 Website: <https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/>

### 加拿大紅十字會野火指南：事前、事發期間和事後

#### Canadian Red Cross Wildfires: Before, during & after

網頁 Website: <https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/types-of-emergencies/wildfires>

### 加拿大 FireSmart Canada

網頁 Website: <https://firesmartcanada.ca/homeowners/protect-your-home/>

### 卑詩省 - 空氣污染健康指標 (總覽)

#### British Columbia - Air Quality Health Index - Summary

網頁 Website: [https://weather.gc.ca/airquality/pages/provincial\\_summary/bc\\_e.html](https://weather.gc.ca/airquality/pages/provincial_summary/bc_e.html)

### 卑詩省 - 天氣預報 (省份/城市)

#### British Columbia - Weather Conditions and Forecast by Locations

網頁 Website: [https://weather.gc.ca/forecast/canada/index\\_e.html?id=BC](https://weather.gc.ca/forecast/canada/index_e.html?id=BC)

 [www.iconproject.org](http://www.iconproject.org)

 [icon.support@ubc.ca](mailto:icon.support@ubc.ca)