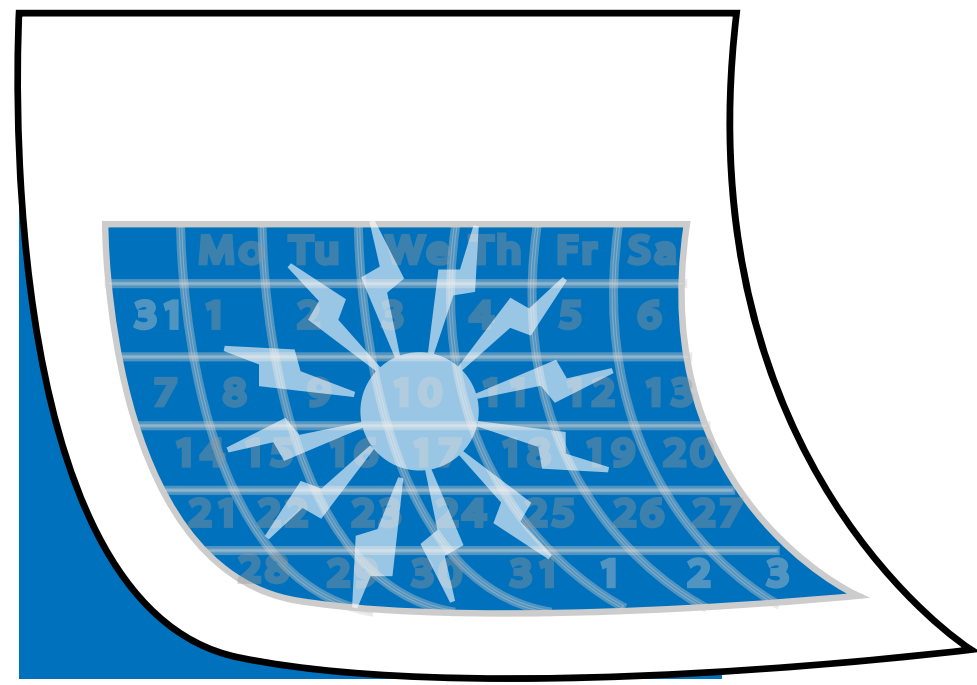
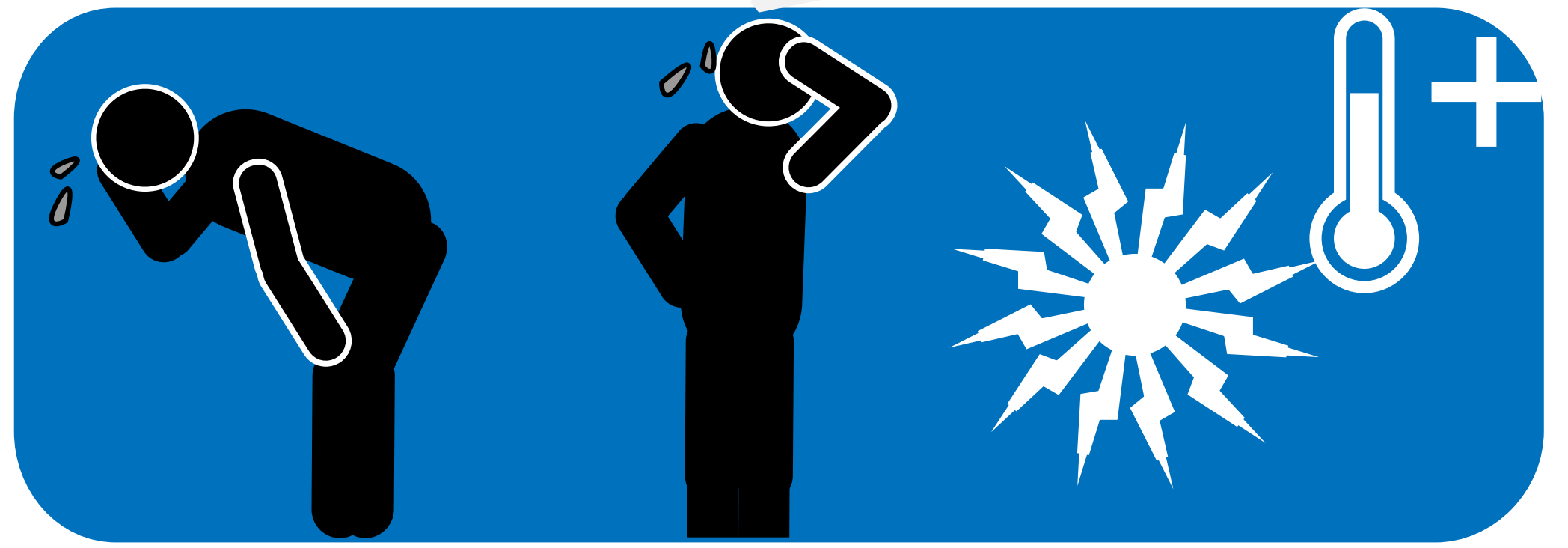


# 緊急時刻 ?



夏季!

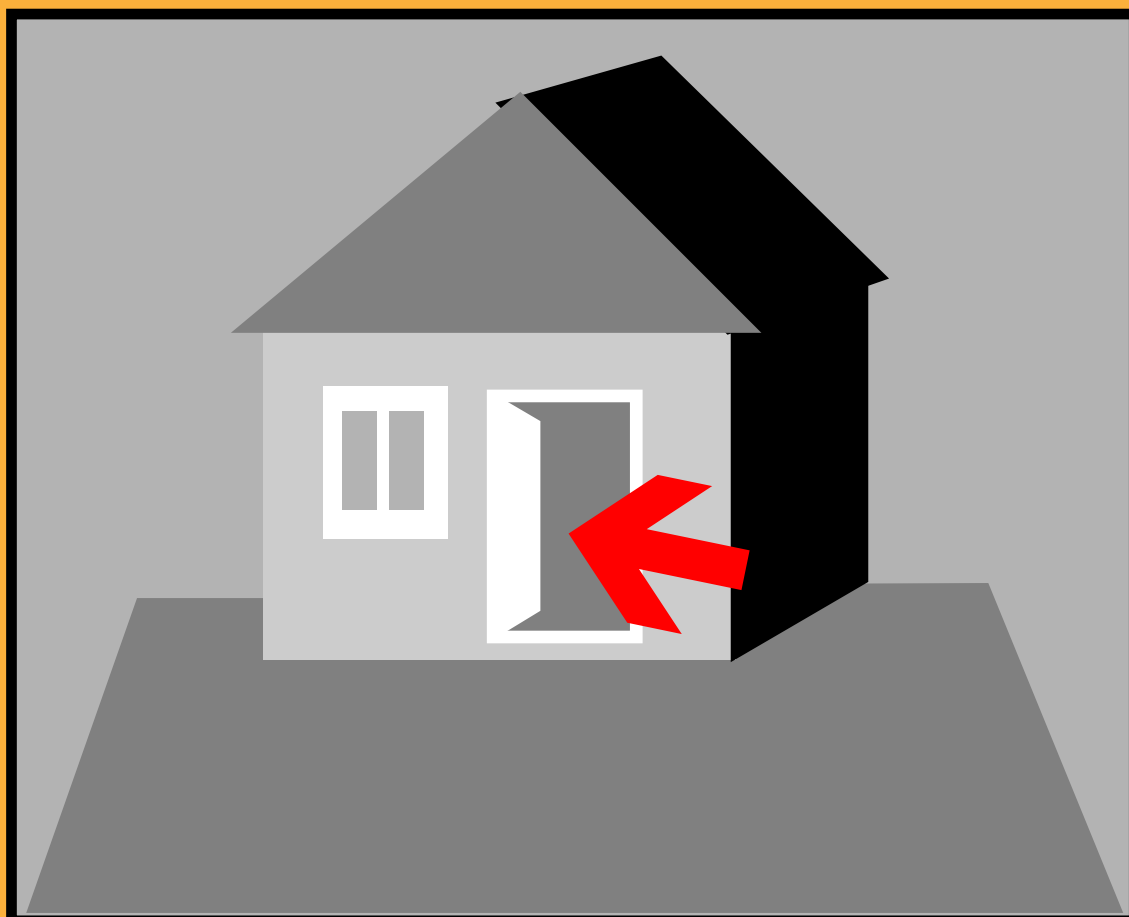
# 何種情況 ?



讓人感到疲倦或昏昏欲睡!

## 求生方法

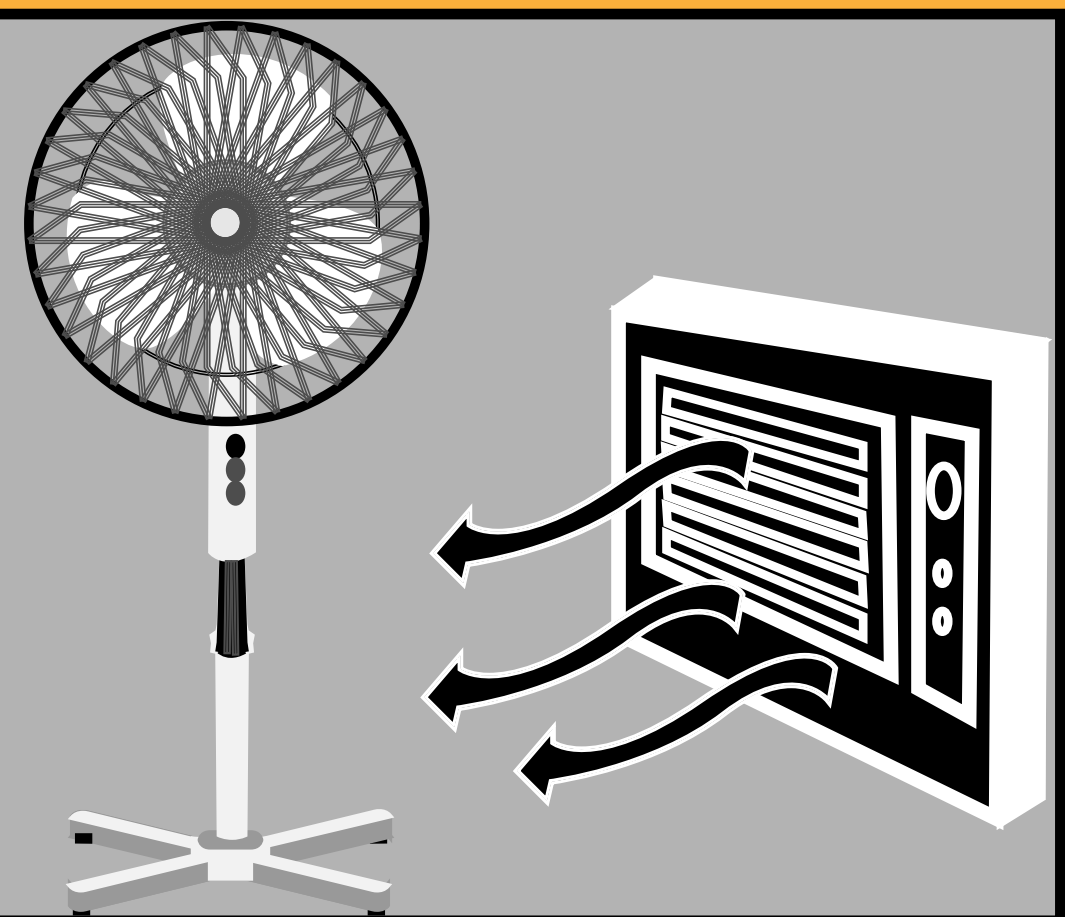
## 您該怎麼辦



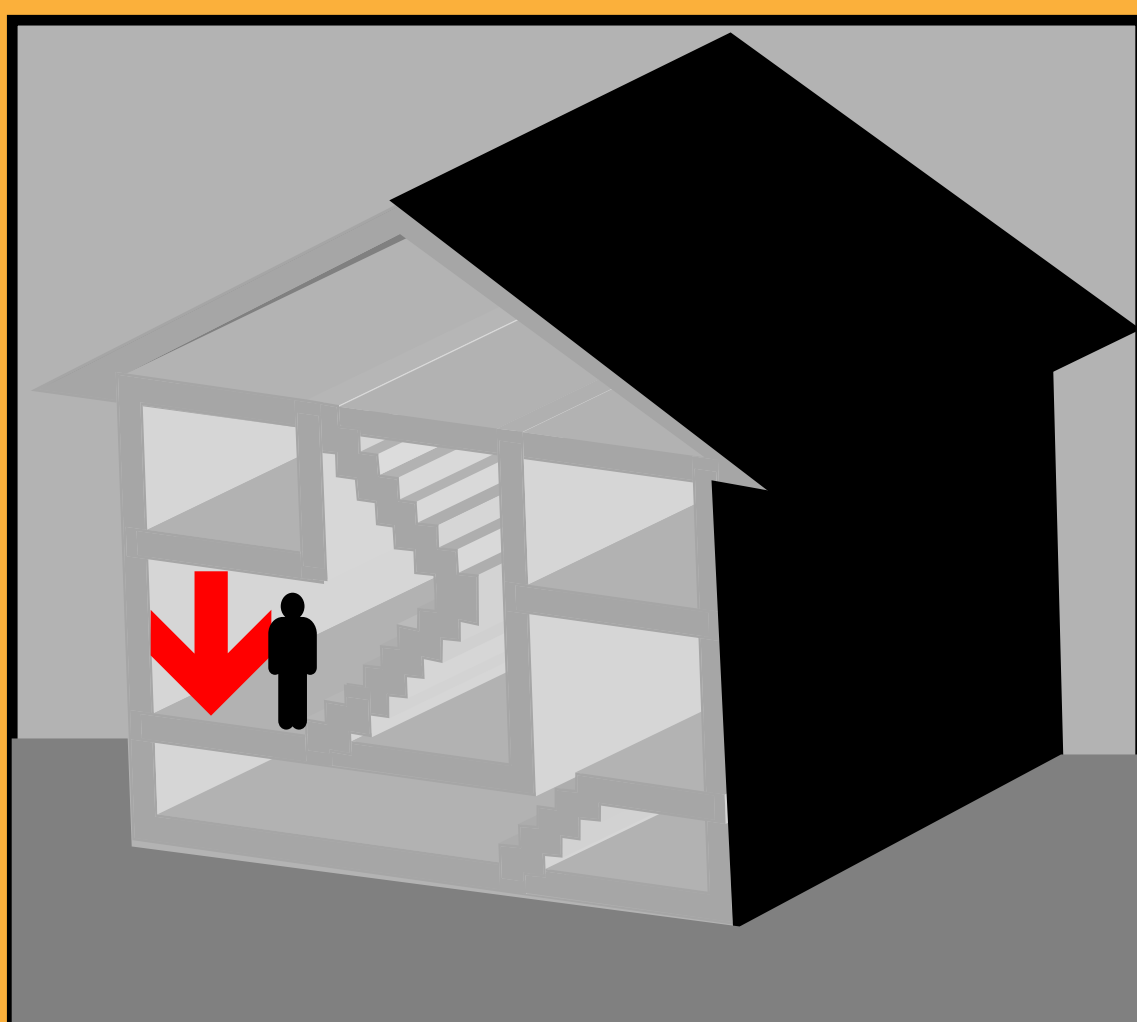
留在室內



把向陽的窗戶遮住



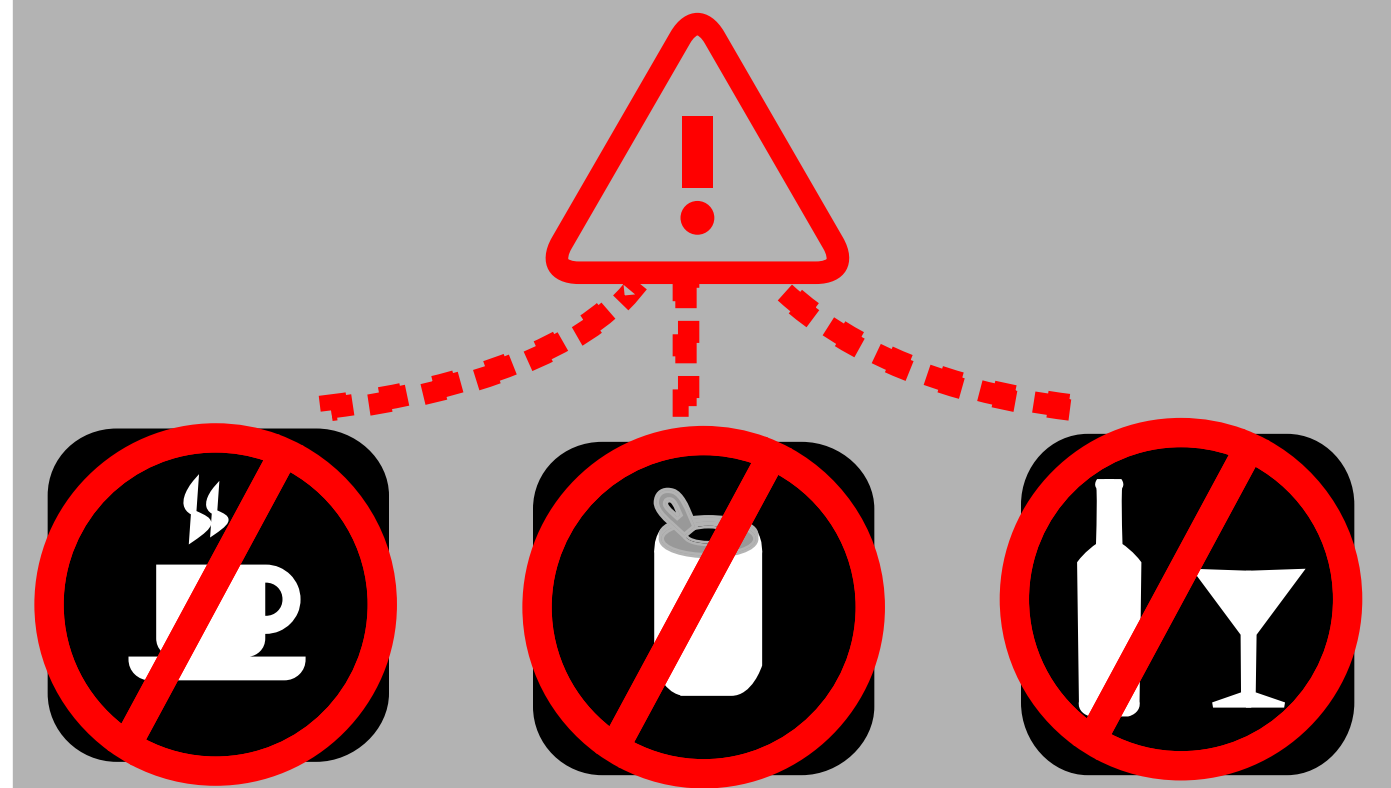
開風扇或空調



呆在最低層, 遠離陽光



大量飲水



不喝含咖啡因和糖的飲料和酒



# 酷熱天氣防備

## “求生方法”

該宣傳活動由貝爾維应急管理辦公室主辦

Some of the icons were modeled after OCHA Humanitarian icons.  
For more information: [http://www.bellevuewa.gov/emergency\\_preparedness.htm](http://www.bellevuewa.gov/emergency_preparedness.htm)  
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