地震来了怎么办 – 着色填图

QuakeSafe
A Coloring Book

乔安. 乔丹编写
安娜. 约翰逊绘画
What do I do when the ground shakes!?

地震来了我该怎么办？
That depends on where you are when the earth quakes!
老师说，如果我正坐在桌前，就应该赶紧“躲到桌子下面，紧紧抓住桌腿”。

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老师说，“如果我在房子外面，就应该趴到地上，把头抱住”。“
If in the hall, sit against the wall and curl up like a ball.

如果在走廊里，应该挨着墙坐着，缩成一团，像个球一样。
If the earth starts to shake and I'm in bed,
Stay right there
and hold a pillow over my head.

如果开始地震时我在床上，应该躺着不动，
拿个枕头盖住脑袋。
If in a bus or in a car, the driver will stop, stay right where you are.

如果在汽车里，驾驶员会停车，你就待在车子里别动。
无论地震开始时你在哪里，

最大的危险是东西砸下来或房子倒掉。
Find a safe place
in each room in your house.
Practice being "quakesafe"
as quick as a mouse.

地震来时，赶紧在家里每个房间找到一个安全的地方。
行动要快得像个老鼠。
在周围的东西倒下来之前，赶紧找一个安全的地方！

When the earth starts to shake, there's no time to waste!

Get to a safe place before things start to break!
Moms and dads,  
Brothers and sisters too,  
Neighbors and friends  
all need to know what to do.
Teach what you know now and practice today, so when the earth starts to shake you’ll be in a safe place!

现在就把你的知识教给大家并且练习一下，这样当地震发生时，你们就安全了！
怎样对付灾难发生，更多的信息可以联系：
西雅图紧急救灾管理处
www.seattle.gov/emergency
206-233-7123