

地震來了怎麼辦 - 著色填圖

# Quake Safe

A Coloring Book



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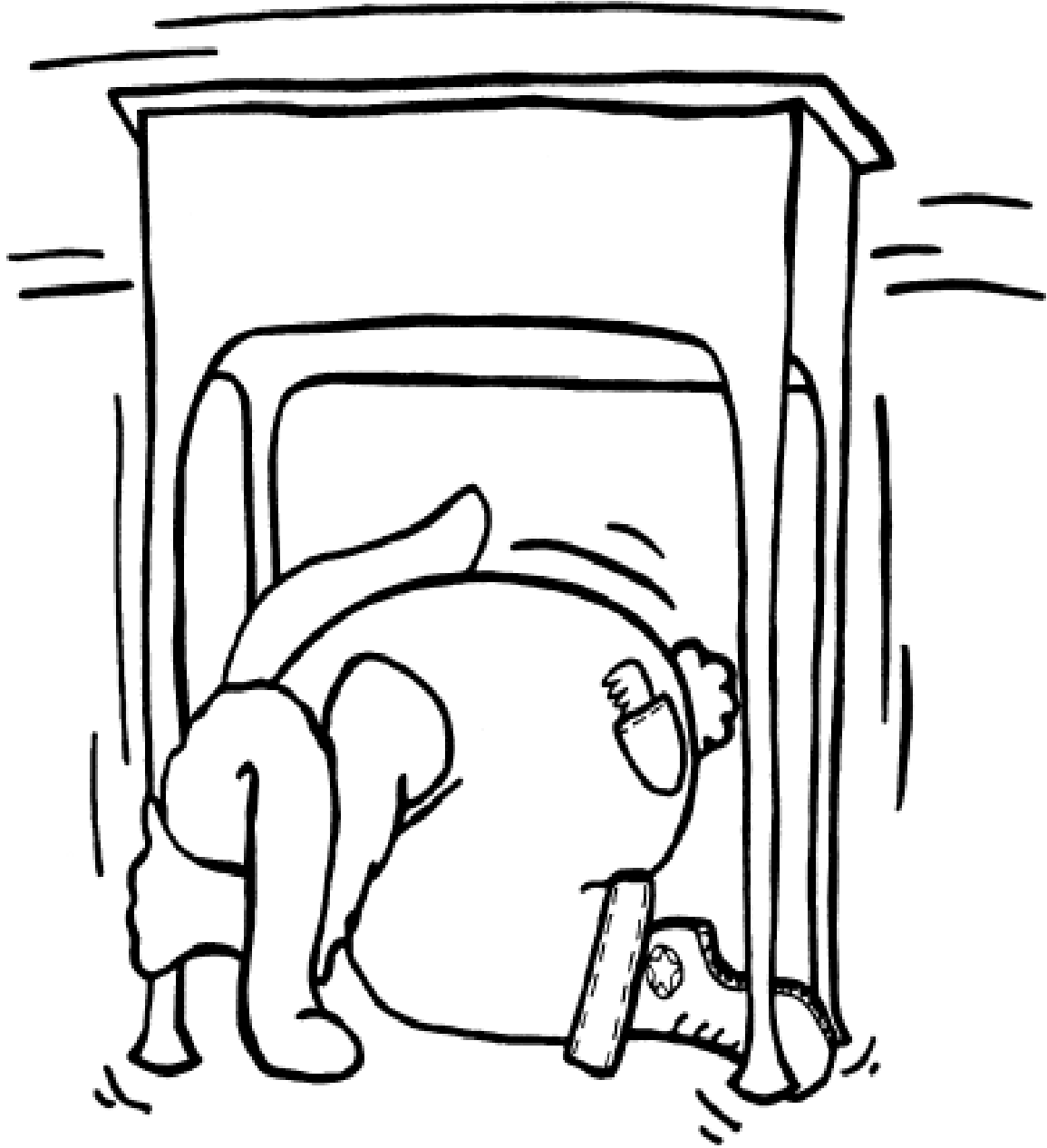
*What do I do when the ground shakes!?*

地震來了該怎麼辦？

*That depends on where you are  
when the earth quakes!*



這要看地震發生時你在哪里！

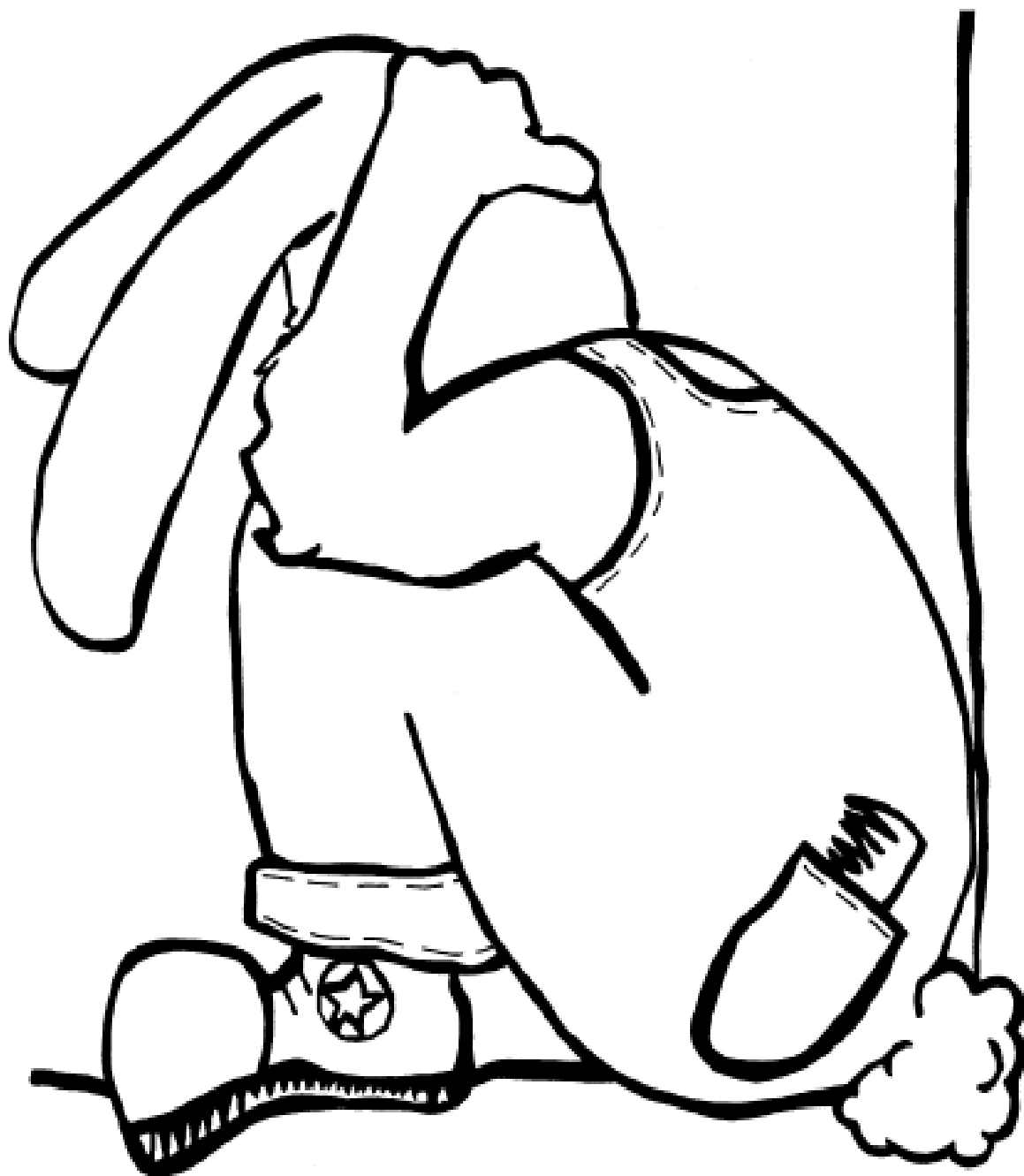


*When at my desk I've been told  
to quickly "drop, cover and hold."*

老師說，如果我正坐在桌前，就應該趕緊  
“躲到桌子下面，緊抓桌腿”。

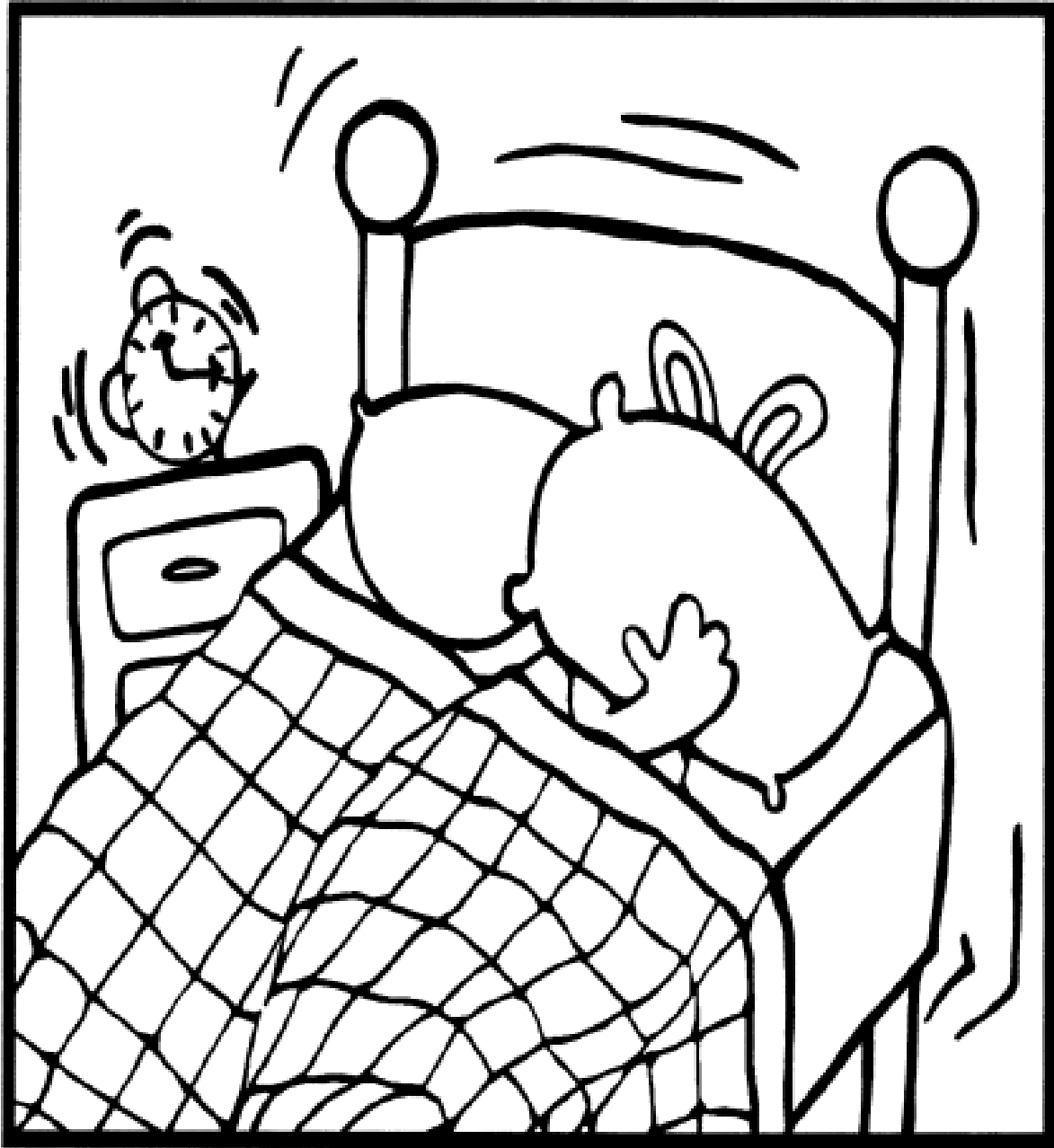


老師說，“如果我在房子外面，就應該趴到地上，把頭抱住”。



*If in the hall, sit against the wall  
and curl up like a ball.*

如果在走廊裏，應該靠牆坐下，縮成一團，像個球一樣。



*If the earth starts to shake and I'm in bed,  
Stay right there  
and hold a pillow over my head.*

如果開始地震時我在床上，應該躺著不動，  
拿個枕頭蓋住腦袋。



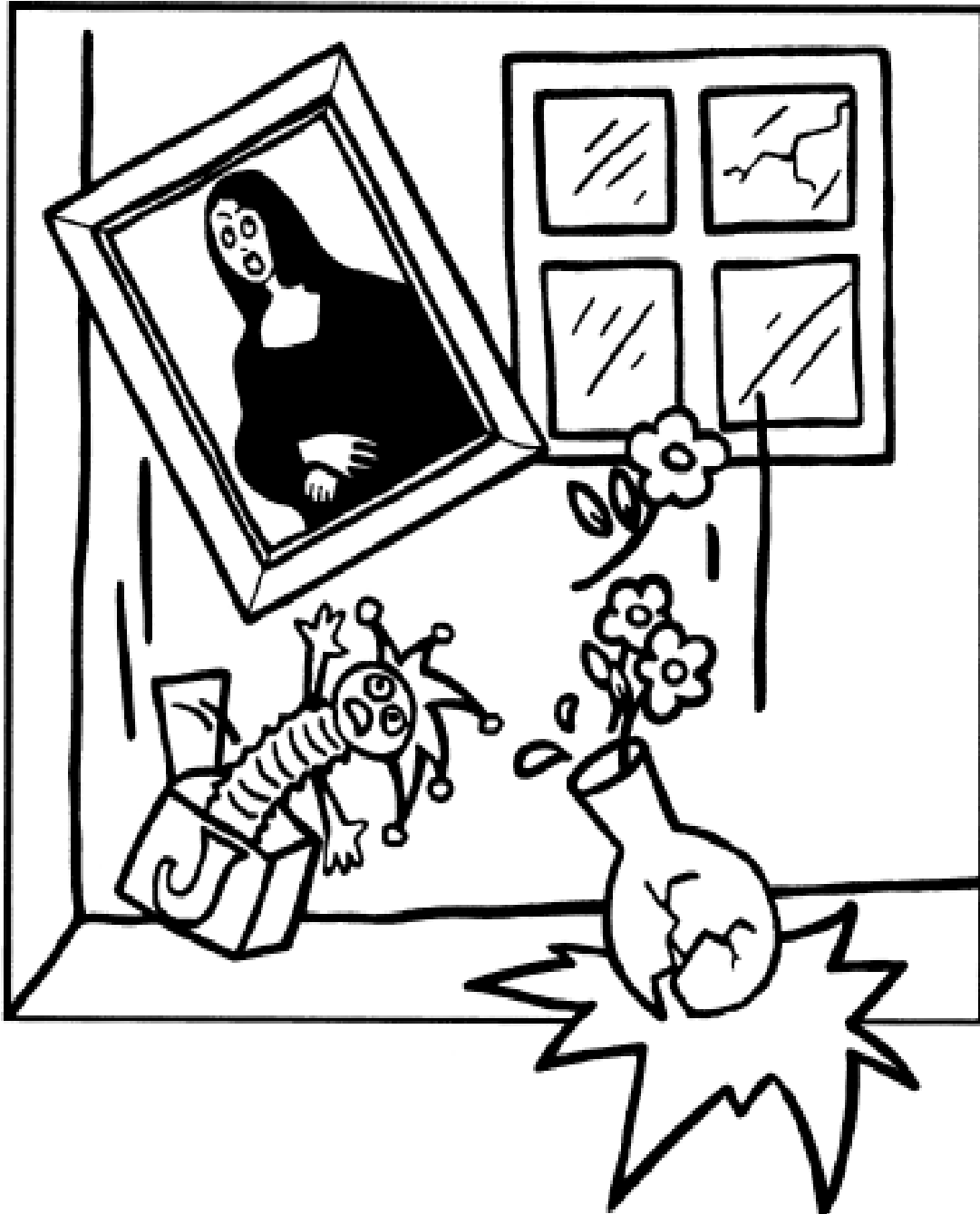
*If in a bus or in a car,  
the driver will stop,  
stay right where you are.*

如果在汽車裏，駕駛員會停車，  
你就待在車子裏別動。



*Wherever you are  
when the earth starts to shake,*

無論地震開始時你在哪里，



*your biggest dangers are things that fall or break.*

最大的危險是東西砸下來或房子倒掉。

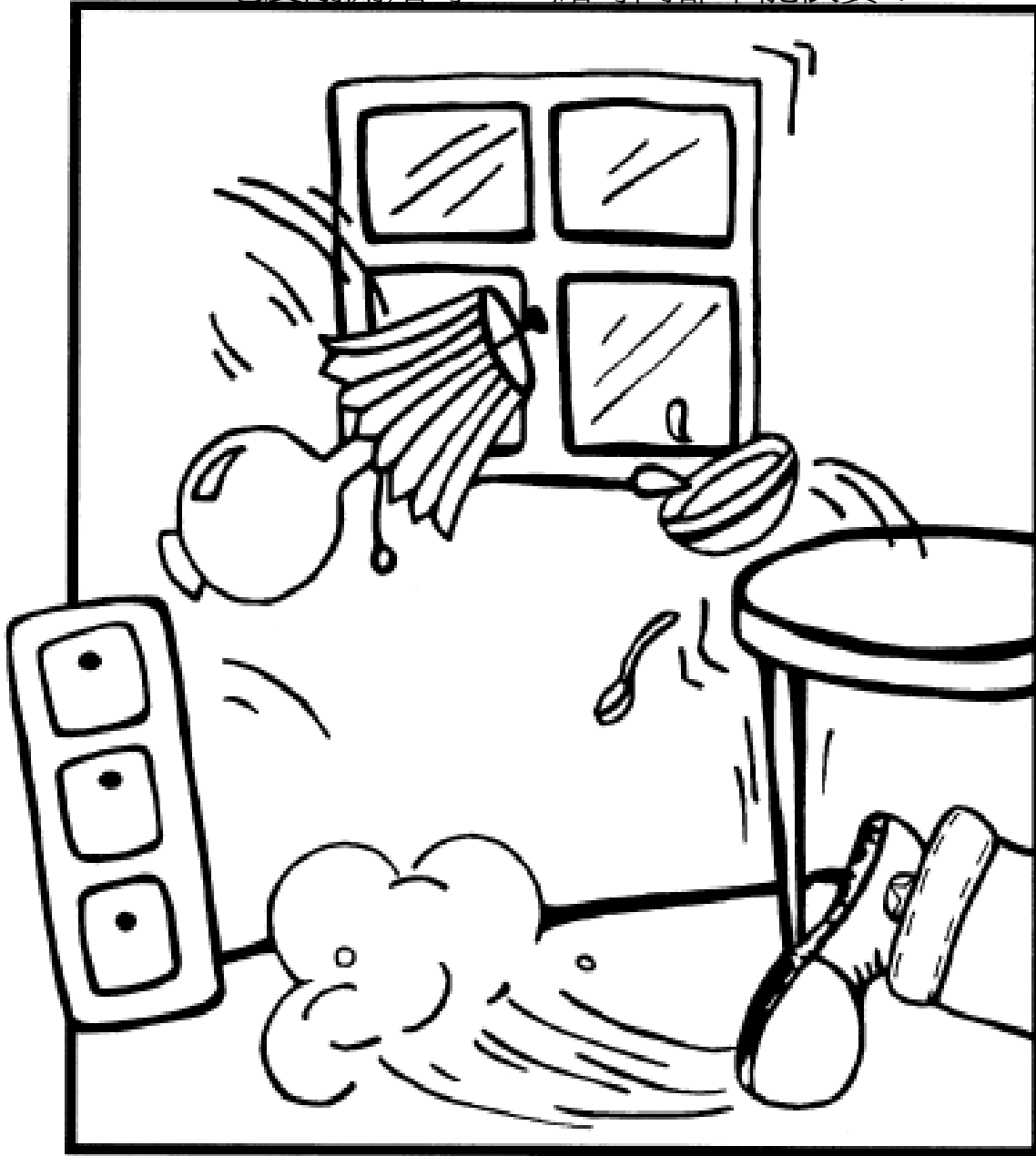


*Find a safe place  
in each room in your house.  
Practice being "quakesafe"  
as quick as a mouse.*

地震來時，趕緊在家裏每個房間找到一個安全的地方，  
動作要快得像個小老鼠。

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

地震剛開始時，一點時間都不能浪費！



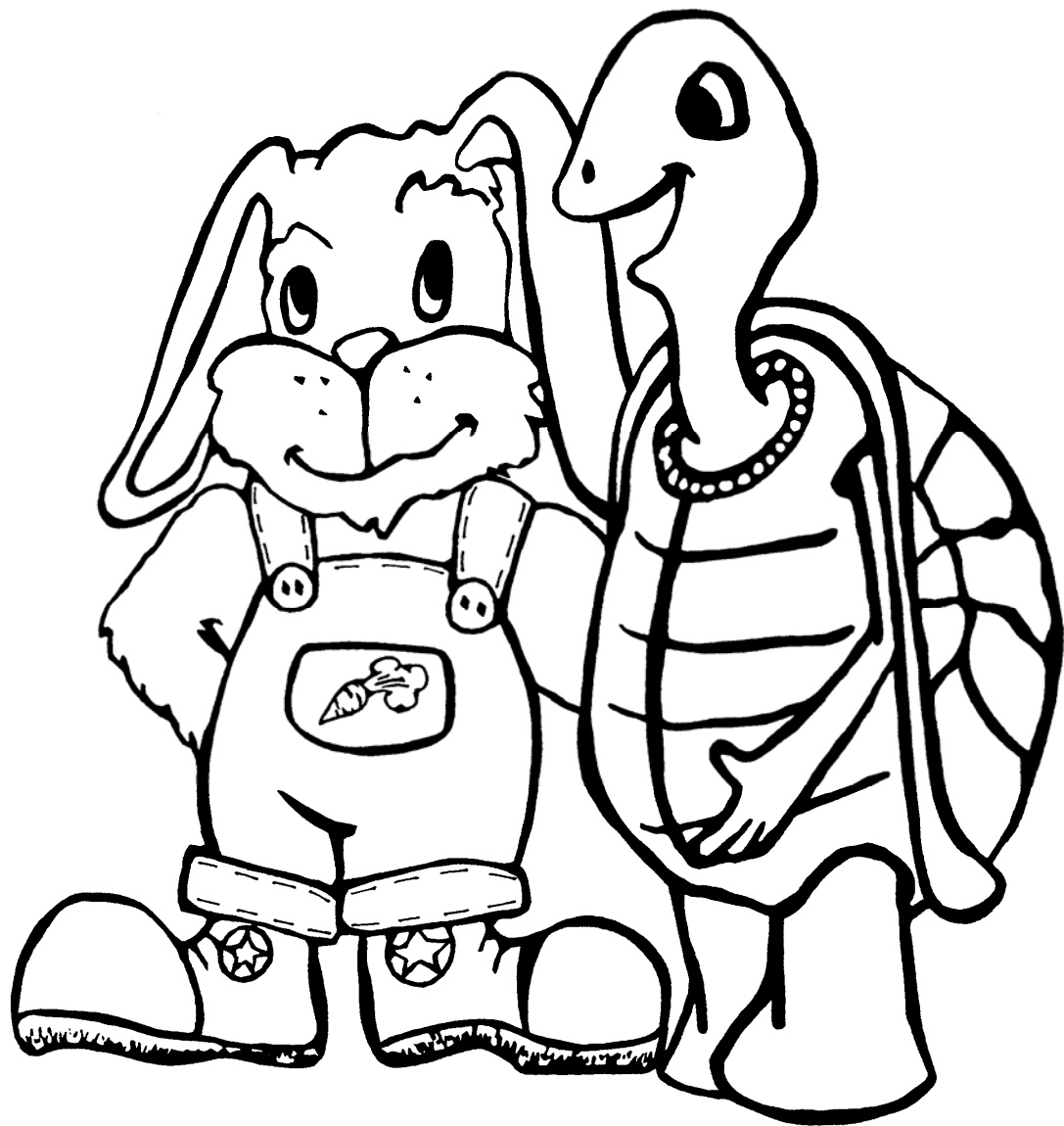
*Get to a safe place  
before things start to break!*

在周圍的東西倒下來之前，趕緊找一個安全的地方！

*Moms and dads,  
Brothers and sisters too,  
Neighbors and friends  
all need to know  
what to do.*



爸爸、媽媽、兄弟、姐妹，  
還有鄰居和朋友們都需要知道該怎麼辦。



*Teach what you know now  
and practice today,  
So when the earth starts to shake  
you'll be in a safe place!*

現在就把你的知識教給大家並且練習一下，  
這樣當地震發生時，你們就安全了！

怎樣對付災難發生，更多的資訊可以聯絡：

西雅圖緊急救災管理署

[www.seattle.gov/emergency](http://www.seattle.gov/emergency)

206-233-7123

