

地震来了怎么办 - 着色填图

# Quake Safe

A Coloring Book



By JoAnn Jordan  
乔安. 乔丹编写

Illustrated by Anna Johnson  
安娜. 约翰逊绘画



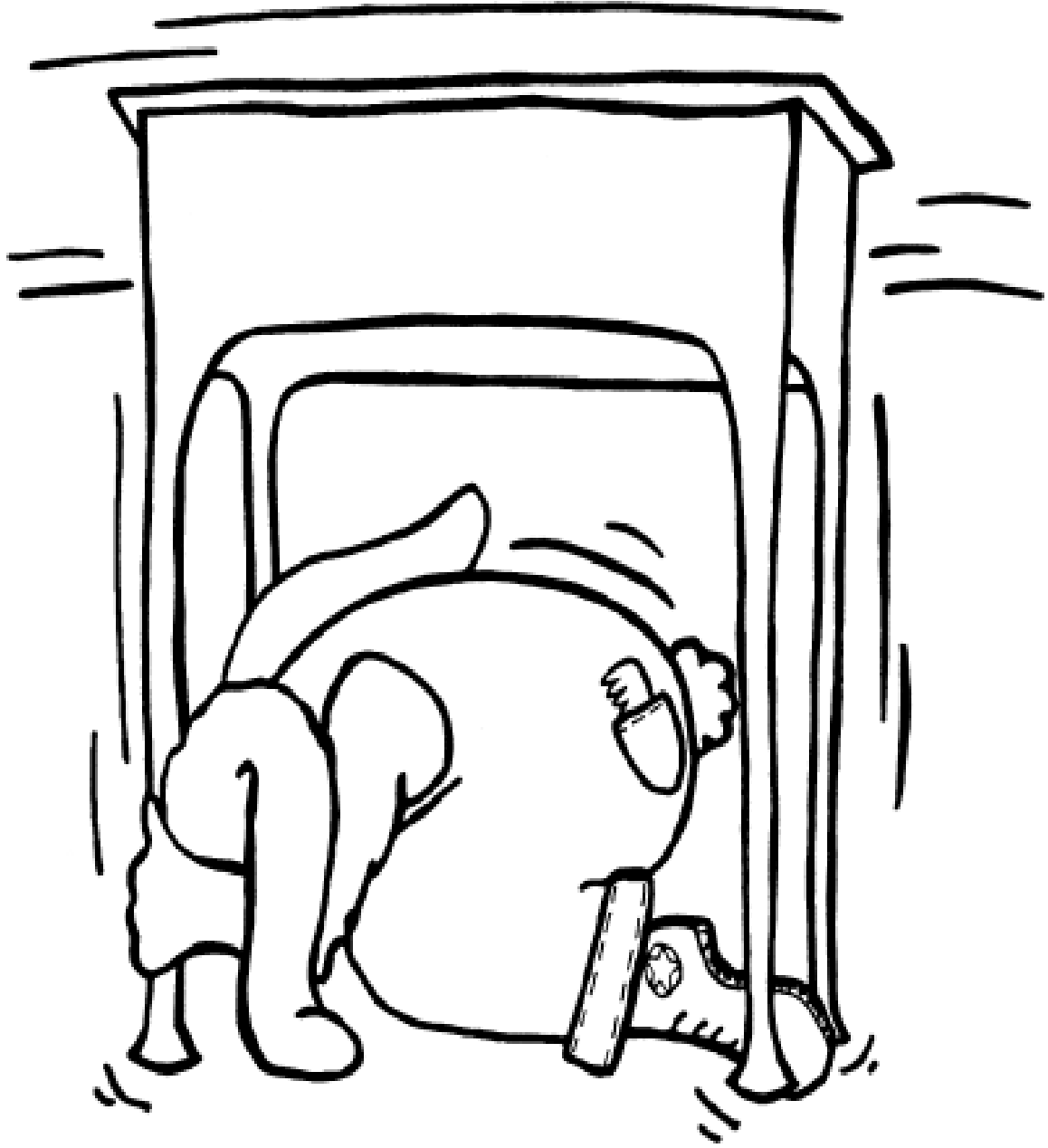
*What do I do when the ground shakes!?*

地震来了我该怎么办？

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



这要看地震发生时你在哪里！

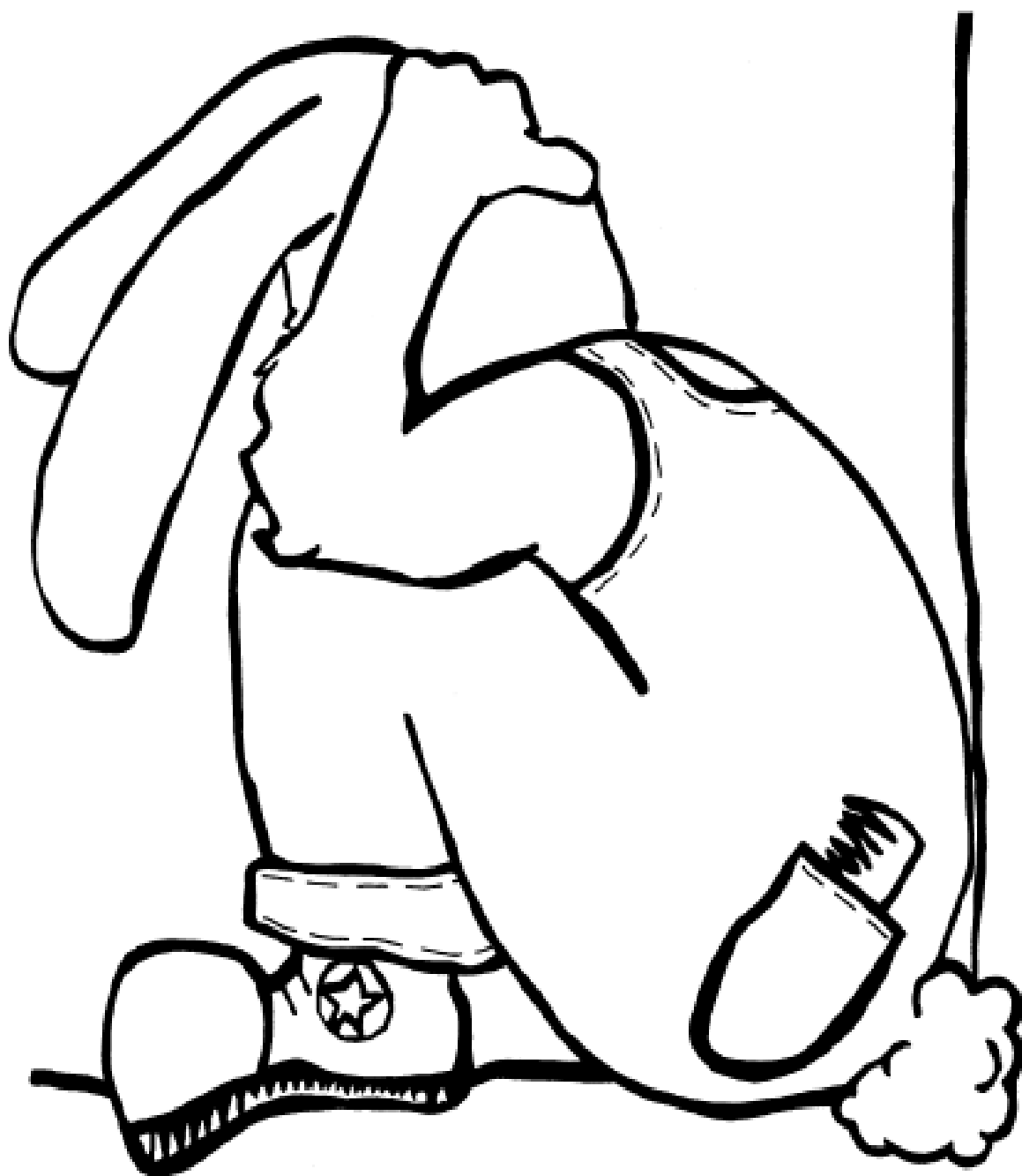


*When at my desk I've been told  
to quickly "drop, cover and hold."*

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”。

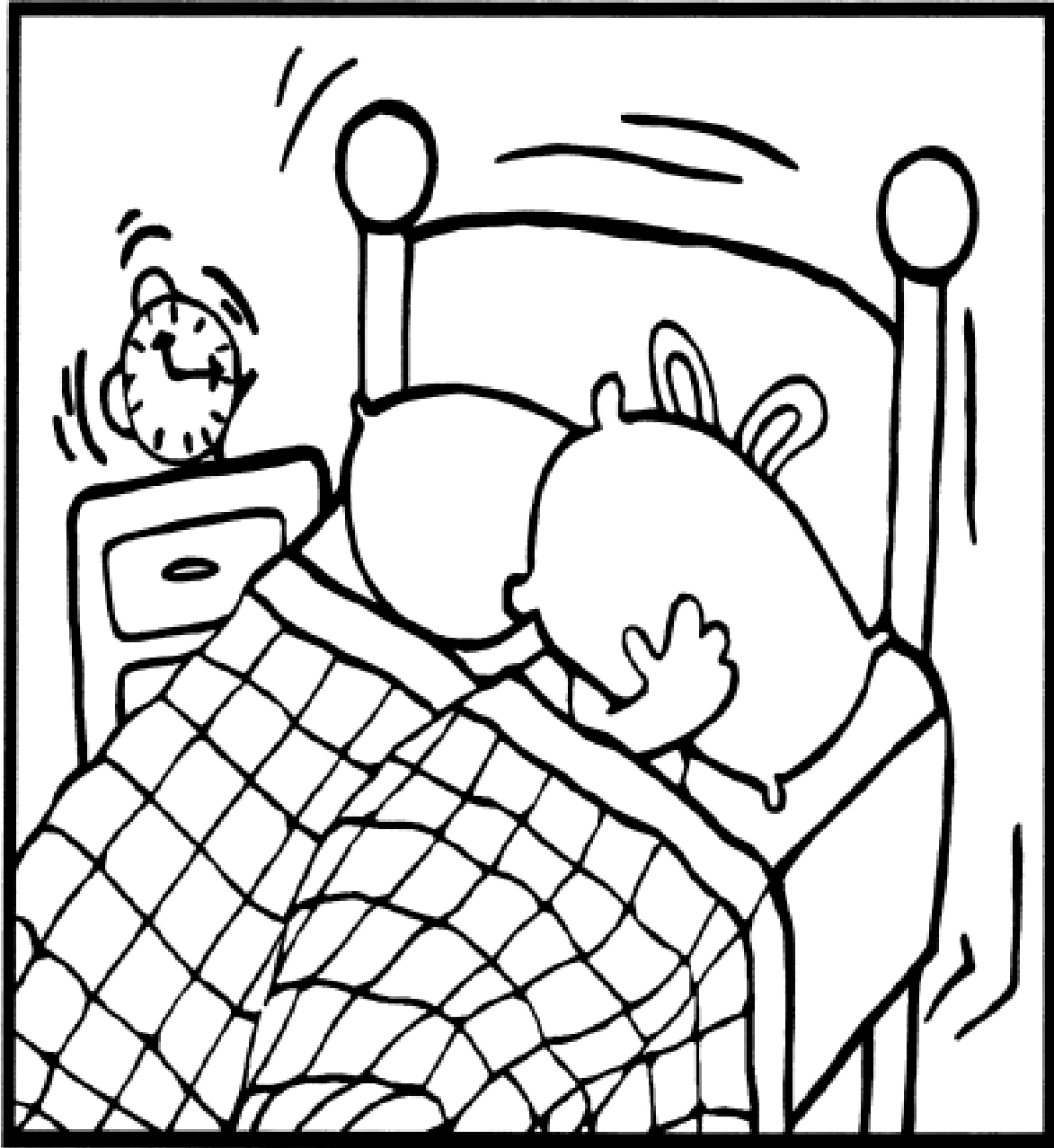


老师说，“如果我在房子外面，就应该趴到地上，把头抱住”。



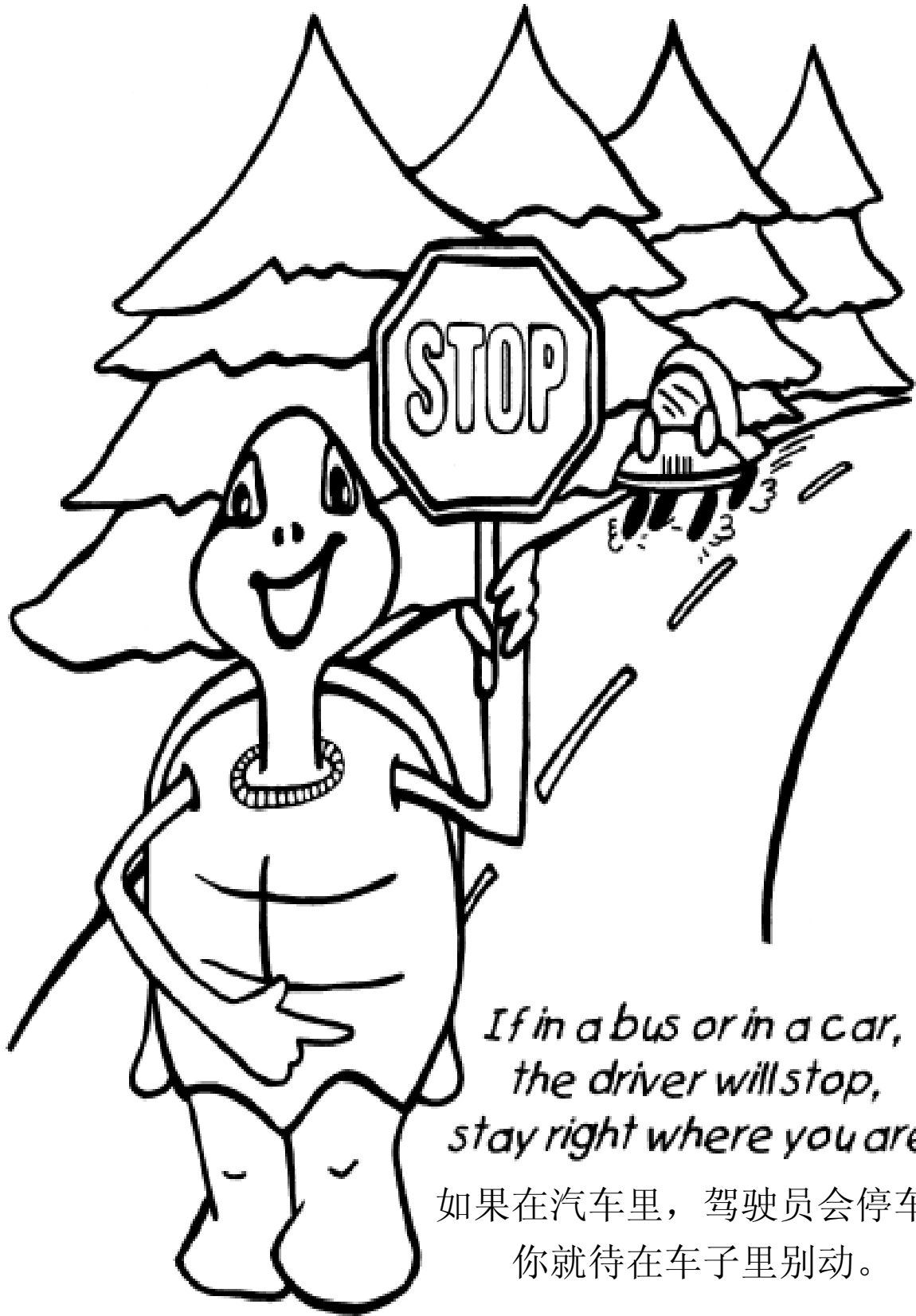
*If in the hall, sit against the wall  
and curl up like a ball.*

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。



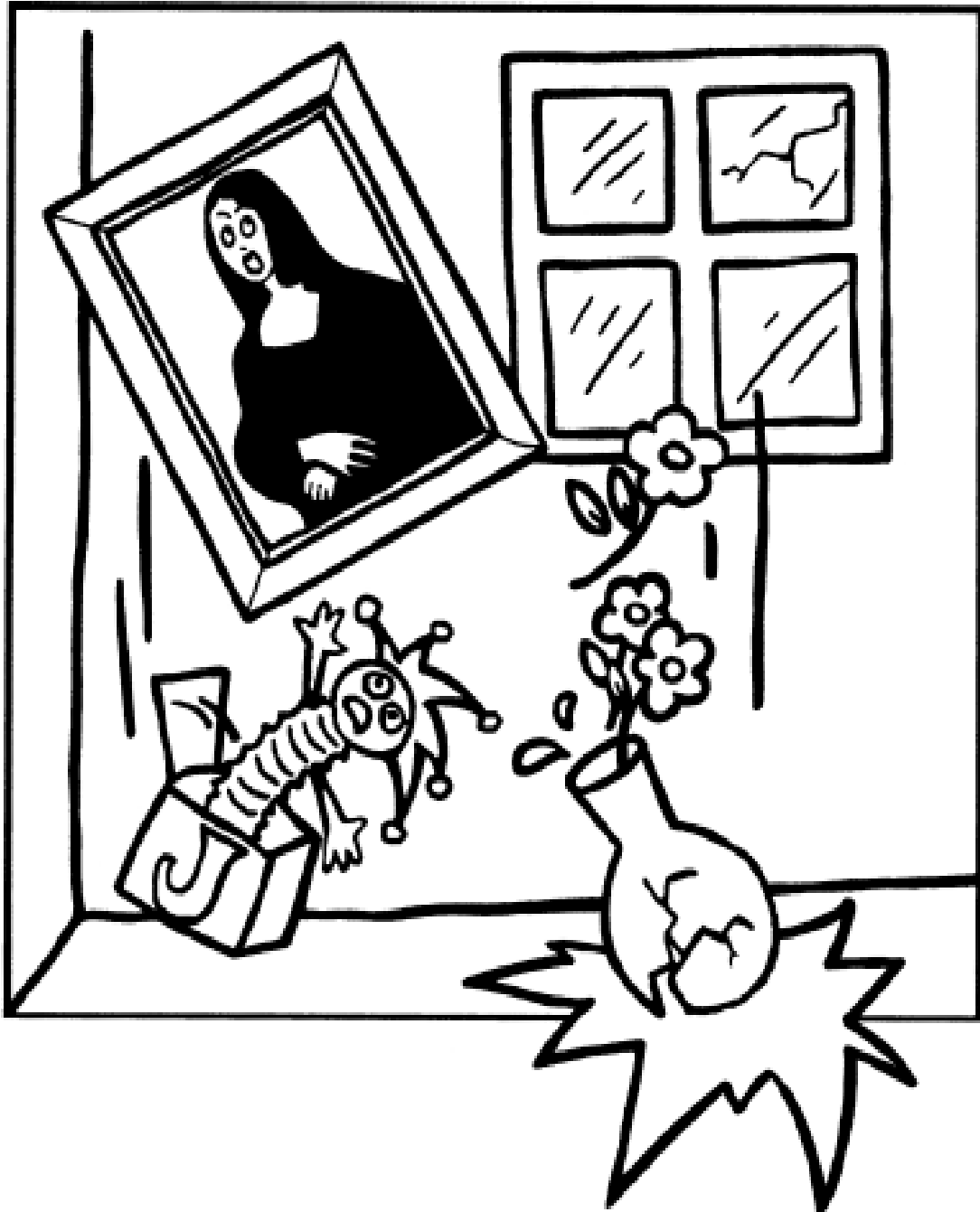
*If in a bus or in a car,  
the driver will stop,  
stay right where you are.*

如果在汽车里，驾驶员会停车，  
你就待在车子里别动。



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

无论地震开始时你在哪里，



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

最大的危险是东西砸下来或房子倒掉。

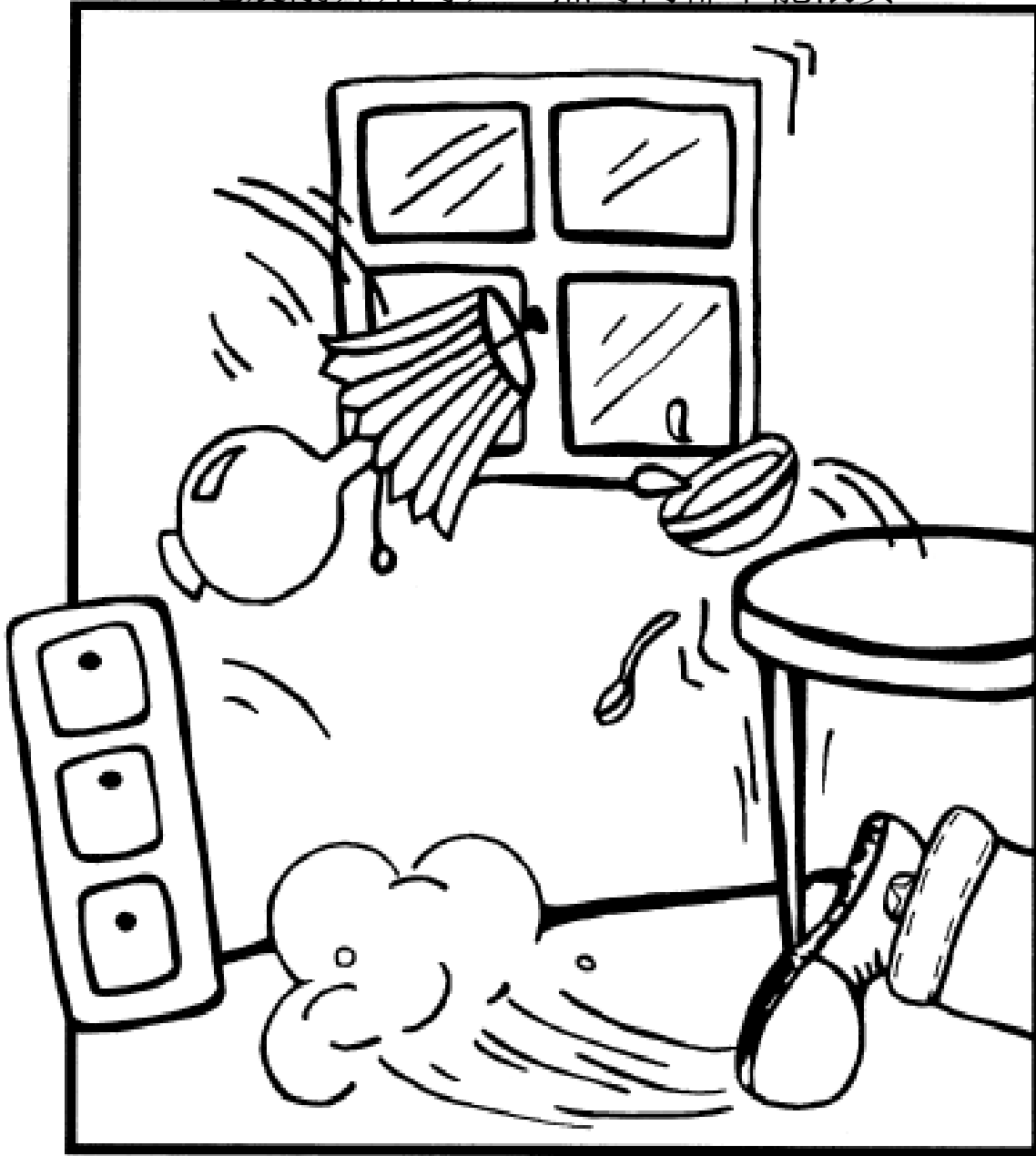


*Find a safe place  
in each room in your house.  
Practice being "quakesafe"  
as quick as a mouse.*

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。

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

地震刚开始时，一点时间都不能浪费！



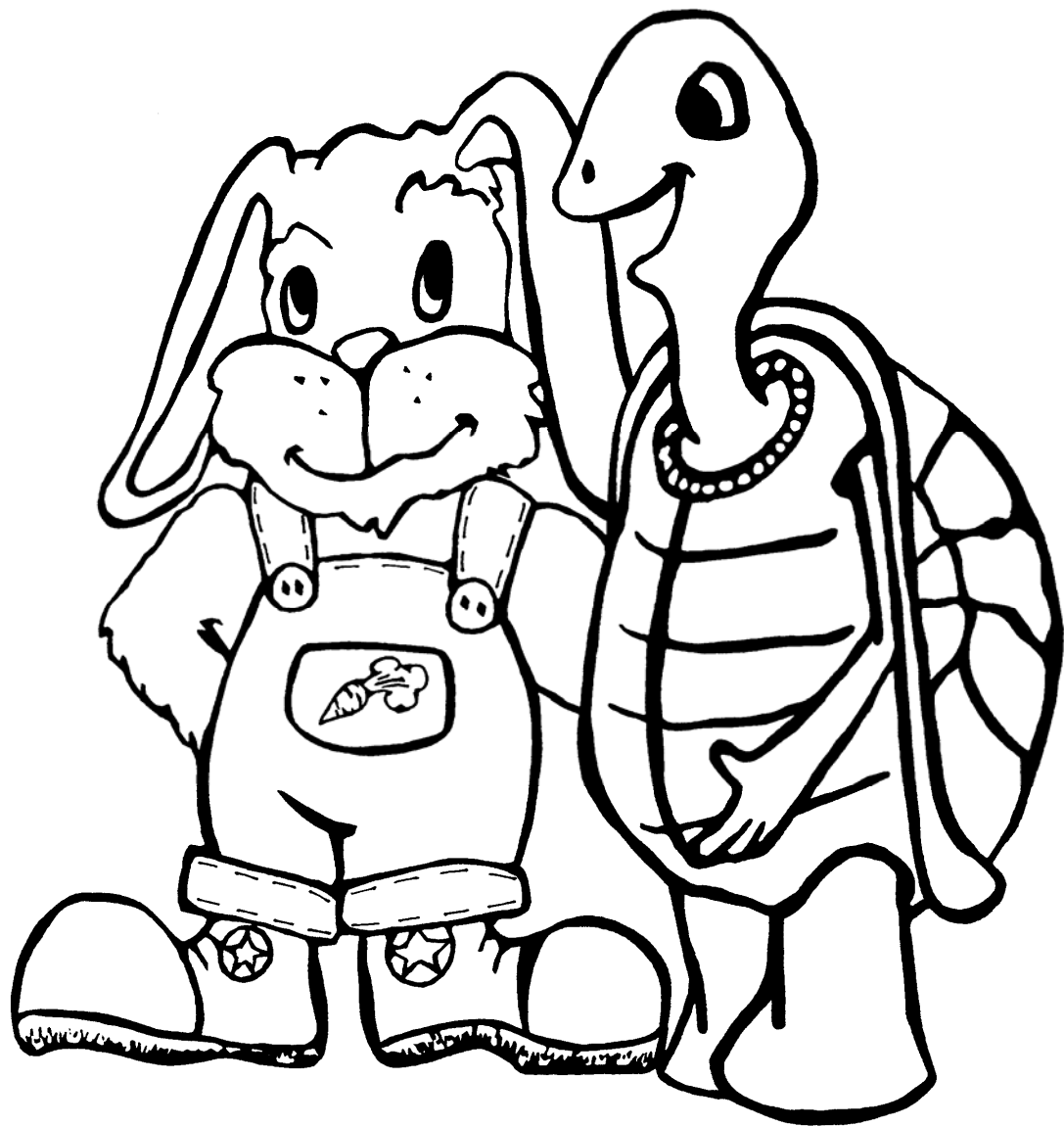
*Get to a safe place  
before things start to break!*

在周围的东西倒下来之前，赶紧找一个安全的地方！

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



爸爸、妈妈、兄弟、姐妹，  
还有邻居和朋友们都需要知道该怎么办。



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

206-233-7123

