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兒童緊急準備必讀



COUNTY OF LOS ANGELES
Public Health



Chinese



This book is to help us
Learn what to do
In case of emergency
To help me and you

這本書，用處多
大家一起細琢摸
幫幫你也幫幫我
出現意外如何躲

We have to get ready
It will help us be strong
And if we make a plan now
We cannot go wrong

只要人人準備了
我們就會更強大
現在做個好計劃
到時一點不害怕





Because bad things can
happen

And scary ones too

It is very important

That you know what to do

壞事情，會發生
不用慌，不用忙
認真學，仔細記
誰能做好誰最強

Let's look for our kit
That will help us, indeed!
We'll check to make sure
It has all that we need

大家打開應急包
裏面東西很重要！
檢查一下應急包
每樣每樣不能少





Water and food

Tools and supplies

Medicine we take

And clothes in all sizes

又有吃，又有喝
工具用具都全乎
還有藥品可治病
各種尺寸衣服多

A flashlight inside
In case there's no light
Will help us get through
If we need it at night

手電筒，裏面藏
沒有電燈不用慌
夜裏天黑看不清
手電一亮現光明



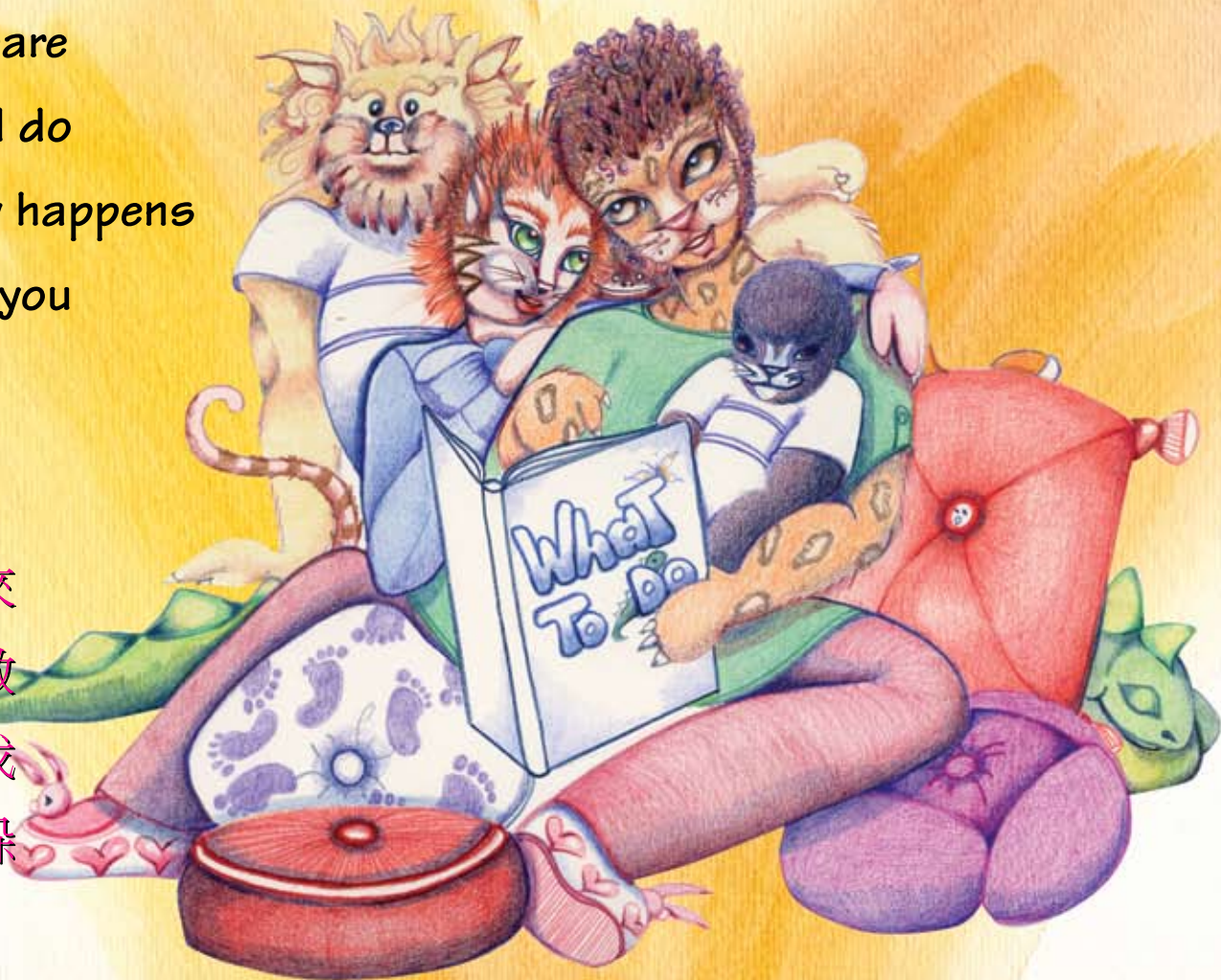


There's nothing to fear
We'll light our safe place
With flashlights and
light sticks
So I can see your sweet
face

小朋友，最勇敢
有手電，有火柴
一路照亮走回家
見到媽媽笑哈哈

Now let us prepare
What we should do
If an emergency happens
To help me and you

現在大家一起來
看看應該怎樣做
幫幫你也幫幫我
出現意外如何躲





In case of a fire
Don't stay inside
Get away from the flames
But don't run and hide

屋裏如果著大火
不要呆著不出來
不要跑，不要藏
躲開大火免大災

Make sure you find someone

To show you're OK

Wait with them 'til I find you

And stay out of the way

趕快找到其他人

讓人知道你安好

跟著大家等著我

不要亂走擋住道

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STOP – DROP—and ROLL

If your clothes catch fire

STOP – DROP—and ROLL

And the flames will expire

要是火苗燒上身

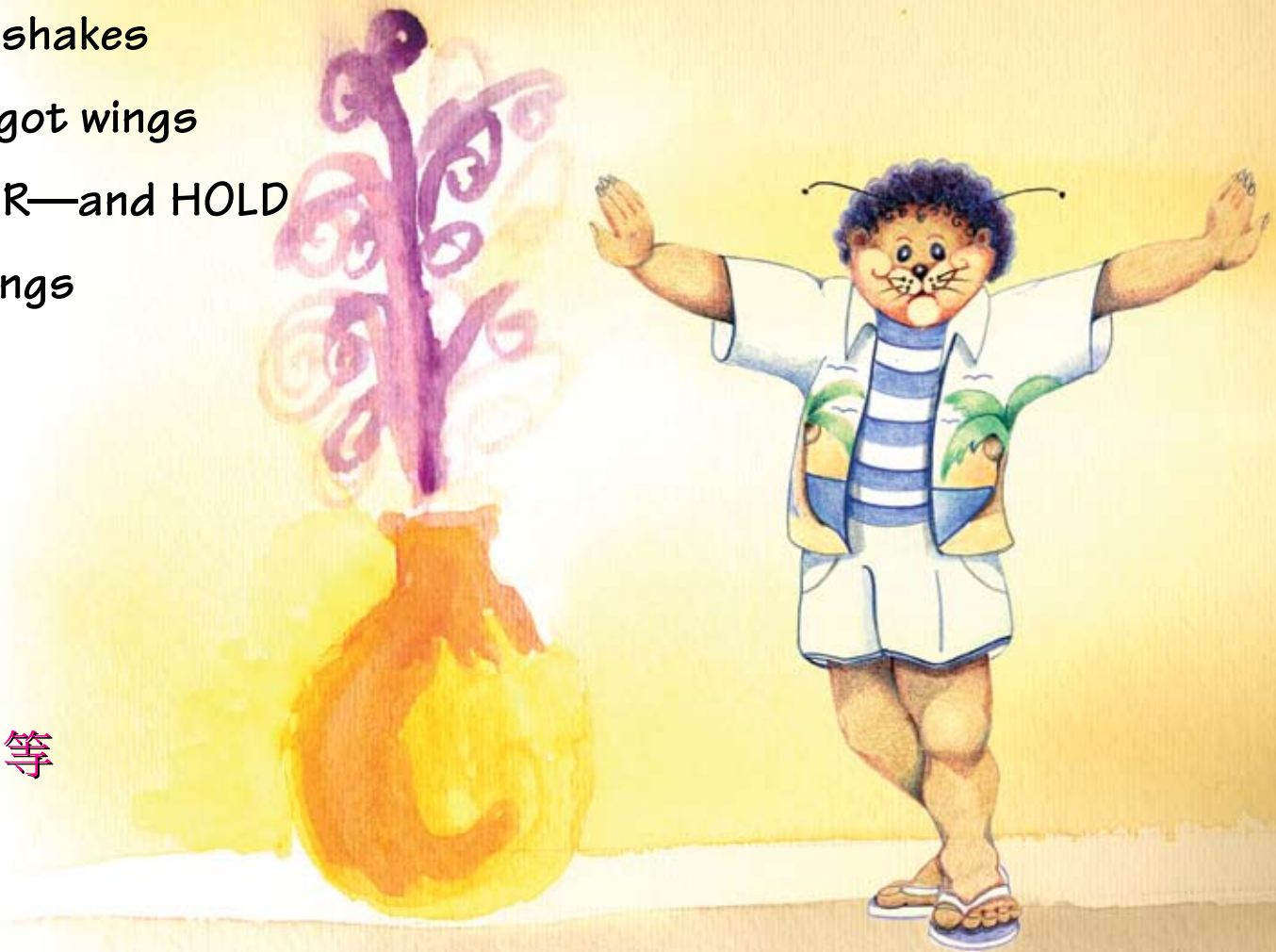
停——趴——滾

要想撲滅身上火

停——趴——滾

And if the ground shakes
Like the floor has got wings
We'll DROP—COVER—and HOLD
To avoid falling things

要是地面亂搖晃
地板好像長翅膀
大家都要趴、藏、等
防止東西砸身上





DROP—COVER—and HOLD

When the house shakes

DROP—COVER—and HOLD

When there are earthquakes

要是房子亂搖晃

趴——藏——等

要有真的有地震

趴——藏——等

We may have to leave
And stay somewhere else fast
Until our home is made safe
And we're back here,
at last!

大家都要快離開
哪裏安全哪裏呆
等到家裏安全時
高高興興回家來





And...If someone is hurt
By a knife or a gun
Run to the phone
And dial 9 -1-1

要是有人受了傷
刀傷槍傷都不妙
趕快跑去打電話
急救電話9-1-1

Stay on the phone
And do what you hear
Tell them what happened
They will soon be here

接通電話不要掛
仔細照做要聽話
要把情況講清楚
應急人員好解救

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And if there's a tornado
Where should we go?
To a basement or room
Without windows below

如果發生龍捲風
我們應該去何方？
最好躲到地下室
無窗房間把身藏

We'll wait 'til it passes
It shouldn't be long
But we won't come out
Until it is gone

風來風去走得快
稍安毋躁要等待
待到風停雲散時
安安全全走出來





And if the sun's heat
Makes it too hot to play
When we're sweating and hot
Day after day

太陽有時太灼熱
天熱氣悶不能玩
滿身大汗真難受
一天一天令人煩

We'll go where it is cooler
Out of sun—into shade
And drink plenty of fluids
So our energy won't fade

哪裏清涼去哪裏
躲開太陽找樹蔭
多喝飲料能去暑
喝到够時才有勁

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And if you get lost
In a store, park or street
You will need an adult
To help us re-meet

商店大街停車場
不幸走丟莫驚慌
找個大人幫個忙
你我重逢保安康

Find a nice lady
And ask for her aid
In following the plan
That together we made

好心阿姨最可靠
請她幫忙找一找
平時囑咐不要忘
一步一步要做到





Tell her the number
You want her to call
So she can connect us
In no time at all

電話號碼要記牢
要叫阿姨撥家號
電話方便又可靠
我們很快就知道

And, there may be a time
When we can't be together
Like when you're in school
During storms and bad weather

有時候，要分離
你我不能在一起
遇到風暴壞天氣
你在學校我遠離





You need to be brave
And do what they say
Listen to the adults
And do not go play

必要時，要勇敢
怎樣要求怎樣幹
大人話，都要聽
莫要貪玩不用心

Stay away from the water
Flooding the street
Don't try to swim through it
Or cross on your feet

公路上，發大水
小心遠離莫徘徊
不要泅水游過去
不要趟水走過來





Bad things can happen
And scary ones too
But I want you to know
That I'll be there for you

壞事情，會發生
不用怕，不用慌
千萬記住不要忘
我會永遠在身旁

We'll handle the emergency
And together you'll see
We can make things get better
For both you and me

出意外，有我在
大家一起來對待
你安全，我放心
你我無事都歡欣



County of Los Angeles Department of Public Health Emergency Preparedness and Response Program

www.labt.org/media

Children preparedness

www.ready.gov/kids/home.html

Los Angeles County Office of Emergency Services

www.espfocus.org

American Red Cross

www.redcross.org

City of Los Angeles Emergency Preparedness Department

www.lacity.org/epd

Governor's Office of Emergency Services

www.oes.ca.gov

National Poison Control Center

1-800-222-1222



10 Essential Items:



1. Water



2. Food



3. Cash &
Important
Documents



4. Clothes



5. Flashlight



6. First Aid Kit



7. Medicine



8. Radio



9. Toiletries



10. Tools

十项基本用品



1. 水



2. 食品



3. 現金和重要文件



4. 衣物



5. 手電筒



6. 急救包



7. 藥品



8. 收音機



9. 洗滌用品



10. 小工具



A Children's Primer on Emergency Preparedness

In loving memory...

Tony Taweessup

From the beginning planning stages Tony's great eye for design was instrumental in creating the vision and direction for this project.



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