This book is to help us
Learn what to do
In case of emergency
To help me and you
We have to get ready
It will help us be strong
And if we make a plan now
We cannot go wrong
Because bad things can happen  
And scary ones too  
It is very important  
That you know what to do
Let's look for our kit
That will help us, indeed!
We'll check to make sure
It has all that we need

ពិសៅអាចធុងផ្លូវការបានដោយ
ដើម្បីដើម្បីបង្កើតដោយ រការដើម្បីធុង
ដើម្បីអាចធុងដោយ ដើម្បីដើម្បីបង្កើតដោយ
រការដើម្បីដើម្បីបង្កើតដោយ ដើម្បីដើម្បីបង្កើតដោយ
Water and food
Tools and supplies
Medicine we take
And clothes in all sizes
A flashlight inside
In case there's no light
Will help us get through
If we need it at night
There's nothing to fear
We'll light our safe place
With flashlights and light sticks
So I can see your sweet face
Now let us prepare
What we should do
If an emergency happens
To help me and you
In case of a fire
Don’t stay inside
Get away from the flames
But don’t run and hide
Make sure you find someone
To show you’re OK
Wait with them ‘til I find you
And stay out of the way
STOP – DROP—and ROLL
If your clothes catch fire
STOP – DROP—and ROLL
And the flames will expire

ដោយ - ប្រុស - ចីករសោត
ប្រុងប្រែប្រុងកៅស្អាតហើយសោត
ដោយ - ខ្វះទឹក - ចីករសោតស្អាត
ស្គាល់ៗរឿងអនាកត្តម័យពីវីដេអូ
And if the ground shakes
Like the floor has got wings
We’ll DROP—COVER—and HOLD
To avoid falling things

បើដីការង់ក់រត់ ដីមានគំស្លុយ
យើងនឹងចាប់—បង្ហាញ—និងផ្ទំ៍
ដើម្បីបន្ថែមធ្វើឱ្យមិនមានមូលឈឺភ្លាក់
DROP—COVER—and HOLD
When the house shakes
DROP—COVER—and HOLD
When there are earthquakes
We may have to leave
And stay somewhere else fast
Until our home is made safe
And we’re back here, at last!
And...If someone is hurt
By a knife or a gun
Run to the phone
And dial 9-1-1
Stay on the phone
And do what you hear
Tell them what happened
They will soon be here
And if there’s a tornado
Where should we go?
To a basement or room
Without windows below
We’ll wait ‘til it passes
It shouldn’t be long
But we won’t come out
Until it is gone

��态我們等一會
希望不會太久
我們不見面
直到它結束
And if the sun’s heat
Makes it too hot to play
When we’re sweating and hot
Day after day
We’ll go where it is cooler
Out of sun—into shade
And drink plenty of fluids
So our energy won’t fade

ដោះស្លាប់ទៅក្រោយក្នុងកន្លែងដែកក្នុងមោកឃើញ
ដោះស្លាប់ទៅក្នុងពាន់ចោម - ដោះស្លាប់ទៅក្នុងពាន់ចោម
ដោះស្លាប់ទៅក្នុងពាន់ចោម - ដោះស្លាប់ទៅក្នុងពាន់ចោម
ដោះស្លាប់ទៅក្នុងពាន់ចោម - ដោះស្លាប់ទៅក្នុងពាន់ចោម

نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب

نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب

نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب

نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب

نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب
نهبوجيبنهيغيويربانكةساماتلاب

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

ដើម្បីឱ្យទូទៅមករាងឈើនឹង
បើត្រៀទឹងក្នុងតំព័រ ឬព្រៃខ្មែរ
មិនអាចរកឃុំបានទេ ឬឱ្យក្រុមអំពីមនុស្ស
បើក្រុមគ្របដណ្តប់ចុះអំណាច
Find a nice lady
And ask for her aid
In following the plan
That together we made
Tell her the number
You want her to call
So she can connect us
In no time at all

ពិពណ៌នាអំពីការឈ្នះ
ដើម្បីអោយបានចូលបួតារបៀបដ៏ល្អ
ហើយដែលសម្រាប់ការងារបំផុត
ដោយជួនក្រុមក្រុមប្រឹក្សា
And, there may be a time
When we can’t be together
Like when you’re in school
During storms and bad weather
You need to be brave
And do what they say
Listen to the adults
And do not go play
Stay away from the water
Flooding the street
Don’t try to swim through it
Or cross on your feet

កំណត់ប្រឈមសិទ្ធិទៅដល់ដែលនិង
កំណត់លេខទៅតាមអ៊ីក្លាម
ដើម្បីកំណត់យុត្តិភាព
ប្រឈមសិទ្ធិដល់ដែលនិង
Bad things can happen
And scary ones too
But I want you to know
That I’ll be there for you
We'll handle the emergency
And together you'll see
We can make things get better
For both you and me
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
ក្រោយពីកំណើតជាលំដាប់ ១០ ម៉ូល

1. ឈុត
2. ជនជាតិទេស្សី
3. ម្នាក់
4. សេសិរម្លារ
5. ល្កោត
6. ឈុតស្ពានញ្ចារកក់
7. ្រើារល្អៗ
8. អ្នកដូចគ្នា
9. សិប្លុកមាន
10. ឈុតស្ពាន
In loving memory…
Tony Taweesup

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

Jeanne Smart - Author
Margarita Avina - Illustrator
Cindy Chow - Consultant

Tony Taweesup - Art Director
Alan Albert - Graphic Design and Illustration

Los Angeles County Board of Supervisors
Gloria Molina - First District
Yvonne B. Burke - Second District
Zev Yaroslavsky - Third District
Don Knabe - Fourth District
Michael D. Antonovich - Fifth District

Department of Public Health
Jonathan E. Fielding, M.D., M.P.H. - Director and Health Officer

A collaboration of the Los Angeles County Department of Public Health Maternal, Child & Adolescent Health and Emergency Preparedness and Response Programs.

Phyllis Tan - Emergency Preparedness Coordinator
This publication was supported by Grant/Cooperative Agreement Number U90/CCU917012-06 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.