

Amaanka Dhul Gariirka – Buugga Midabada

Quake Safe

A Coloring Book



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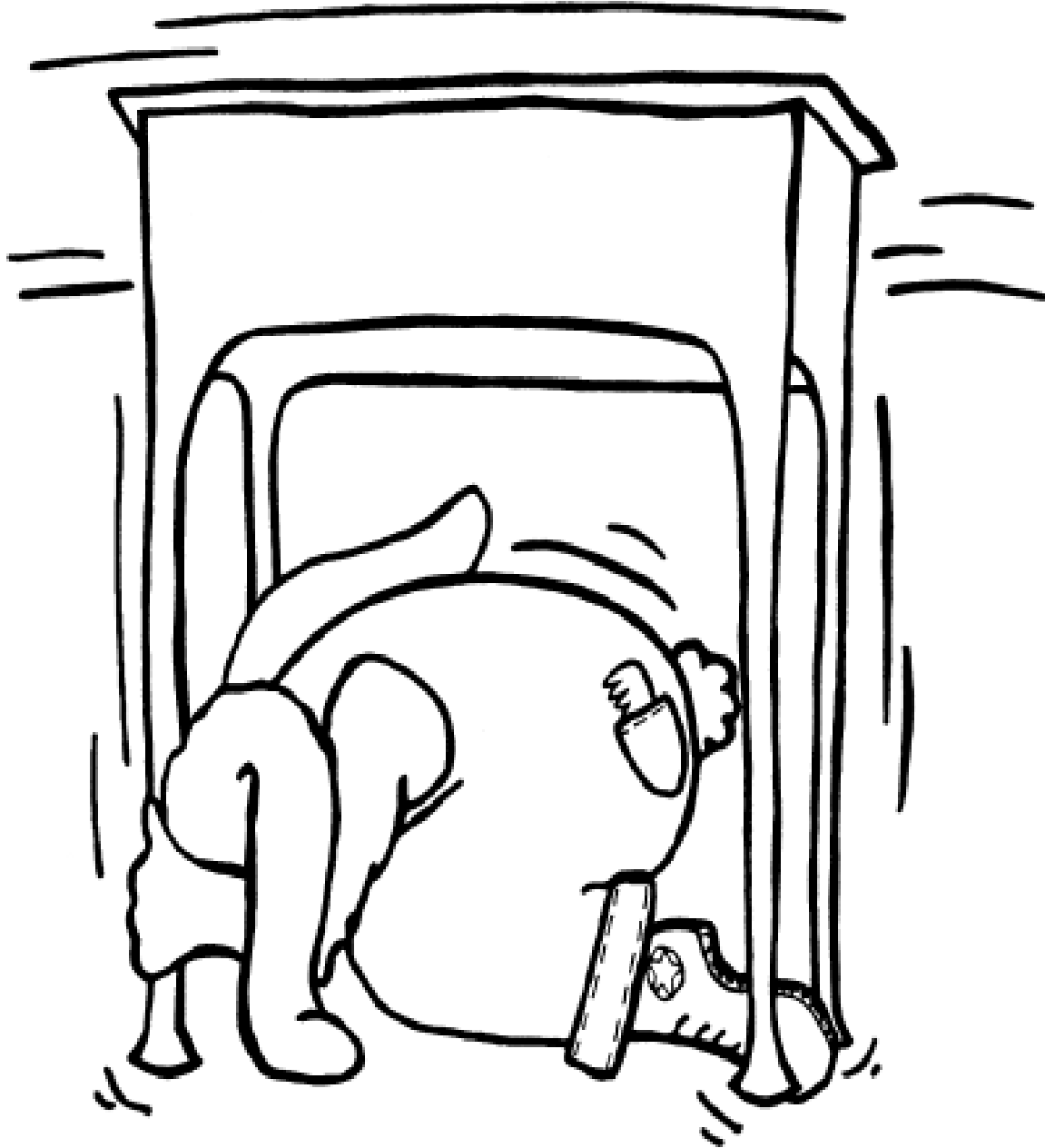
What do I do when the ground shakes!?

Maxaan sameeyaa marka dhulka gariiro?

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



Taas waxay ku xeran tahay meesha aad joogtid marka dhulka gariiro!

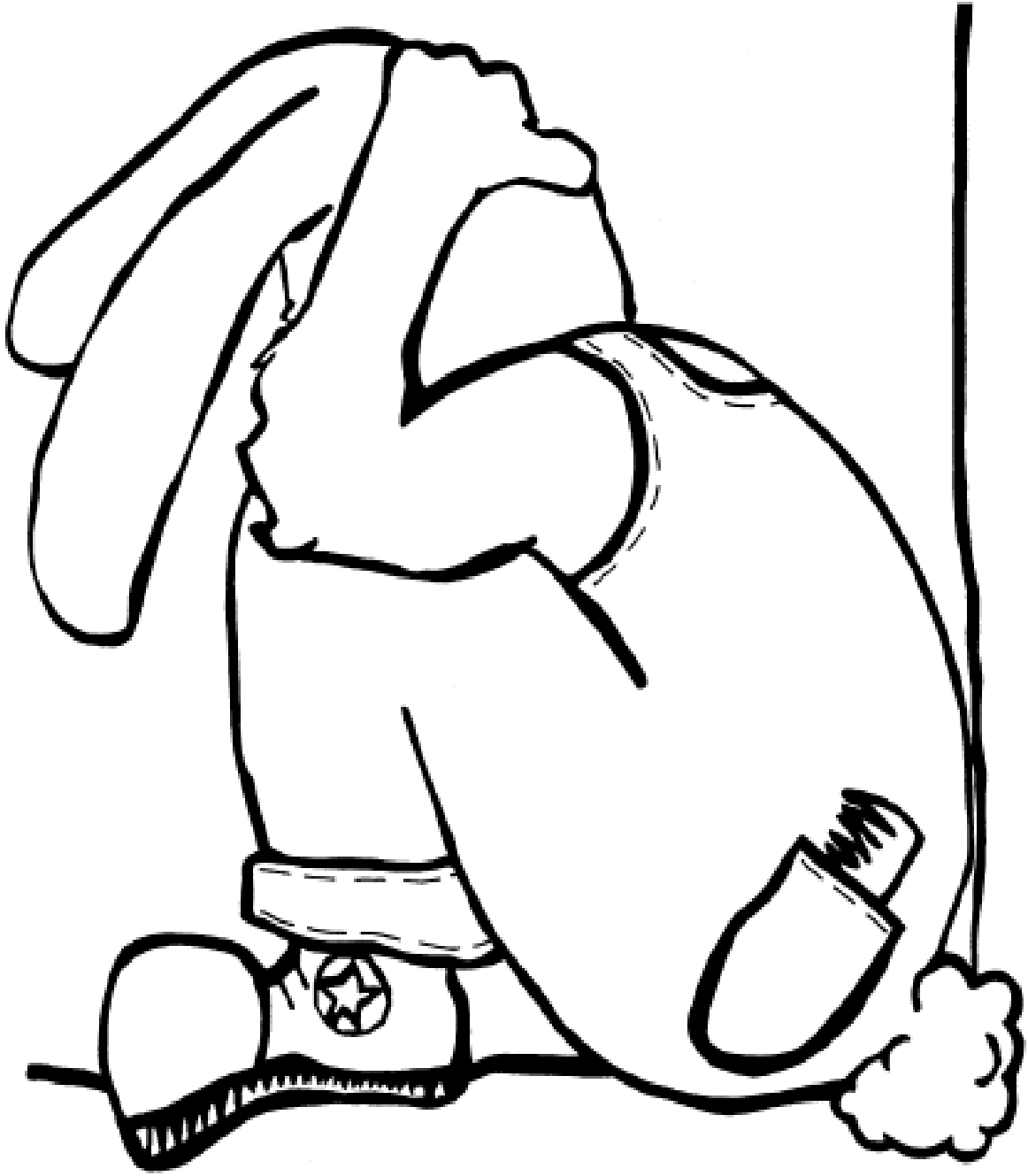


*When at my desk I've been told
to quickly "drop, cover and hold."*

Marka aan joogo miiskeyga waxaa ley sheegay in aan si degdeg ah
"dhulka ku dhawaado, meel ku gambado iyo in aan meel qabsado."



“Marka aan dibadda joogo,” macalinkeyga wuxuu yiri,
“Dhulka ku dhawaaw kaddibna madaxaada dabool.”



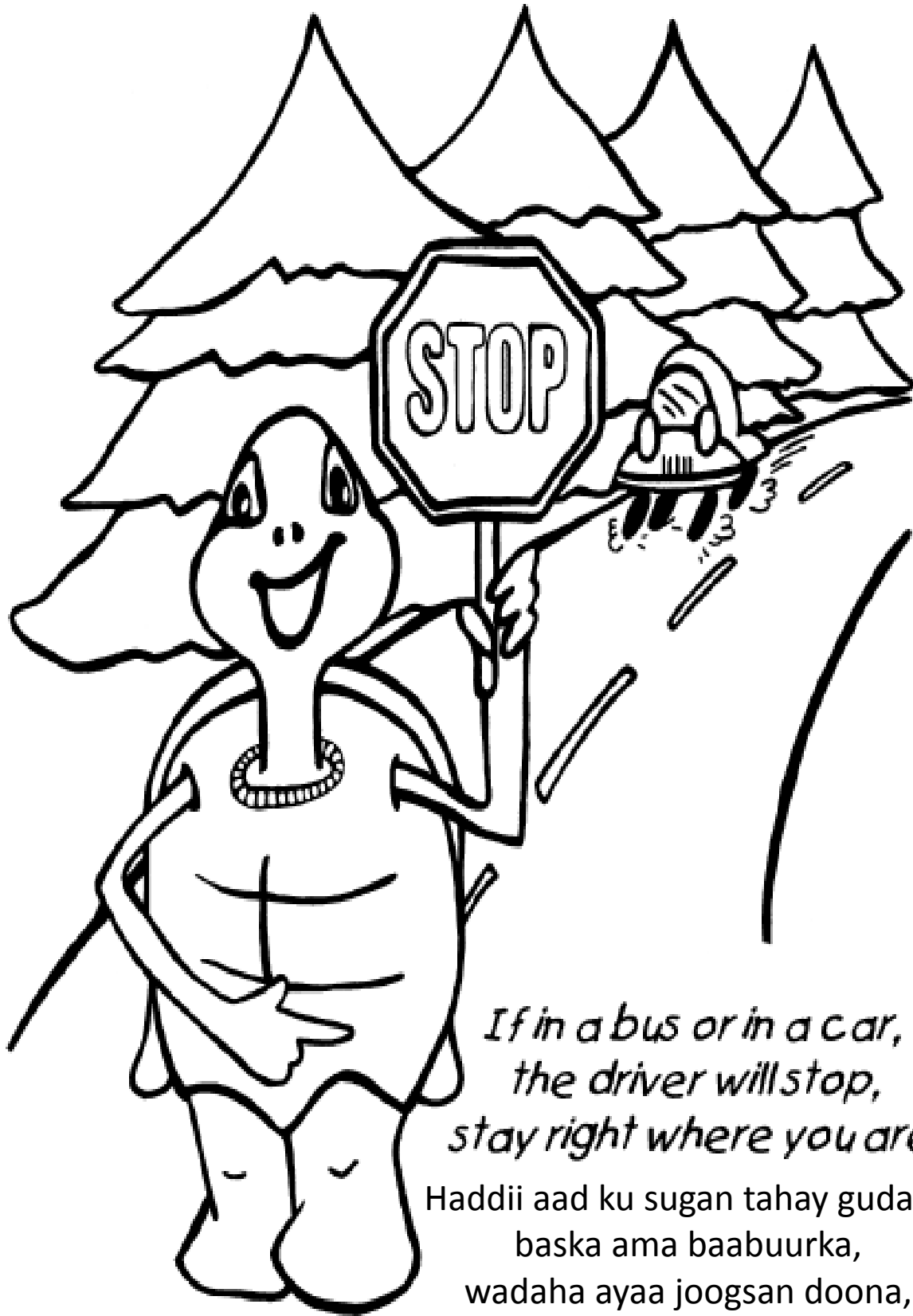
*If in the hall, sit against the wall
and curl up like a ball.*

Haddii aad ku sugan tahay gudaha deydka,
derbiga fadhiiso kaddibna isku laalaab sida kubadda.



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

Haddii dhulka bilaabo in uu gariiro anigana aan ku suganahay sariirta, halkaas sii joog kaddibna aan barshin ku daboolo madaxayga.

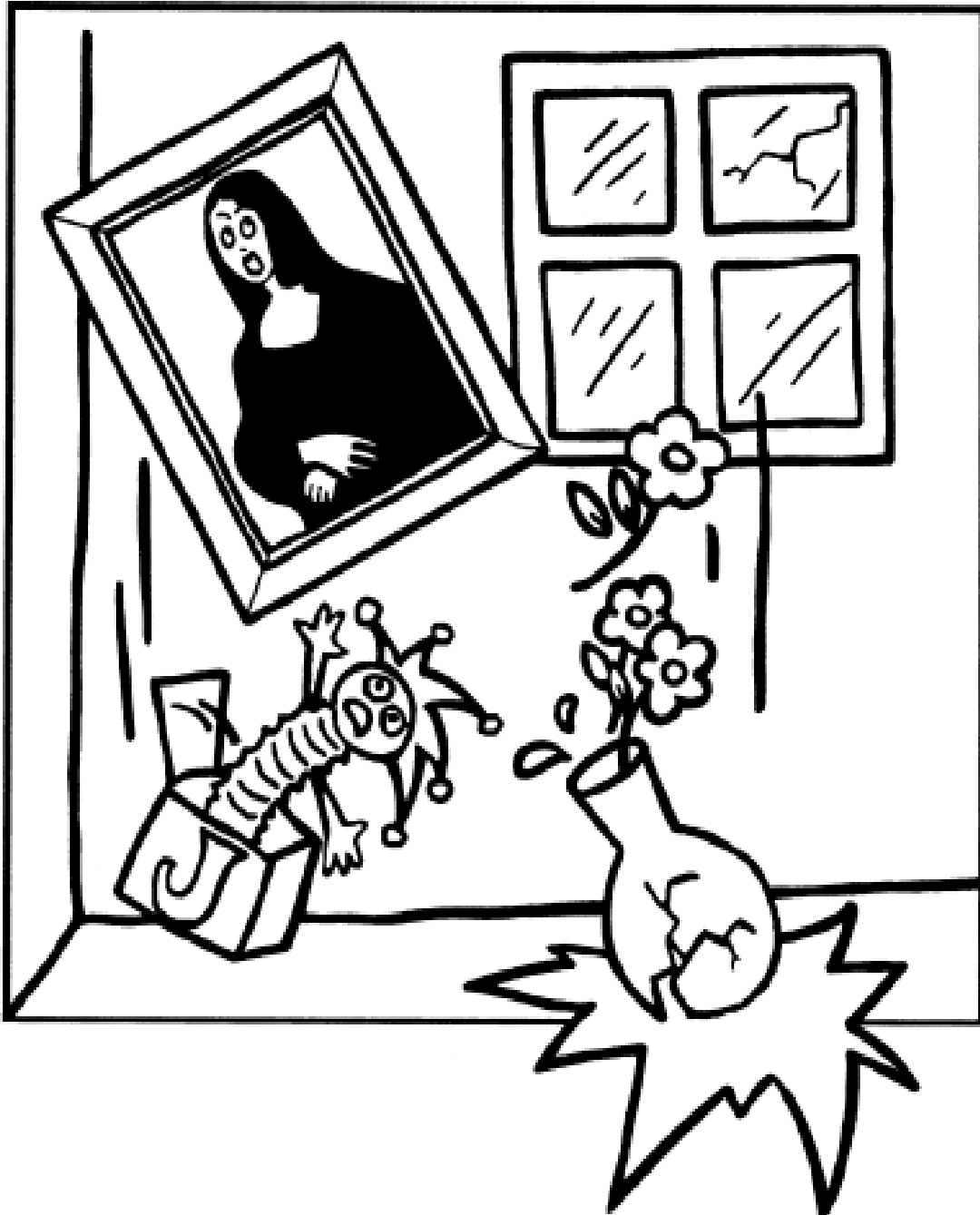


*If in a bus or in a car,
the driver will stop,
stay right where you are.*

Haddii aad ku sugan tahay gudaha
baska ama baabuurka,
wadaha ayaa joogsan doona,
joog meesha aad ku sugan tahay.

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

Meel kasta oo aad joogtid marka dhulka bilaabo in uu gariiro,



your biggest dangers are things that fall or break.

qartarta ugu weyn ee kugu imaan karto waa
waxyaabaha soo dhaca ama jajaba.



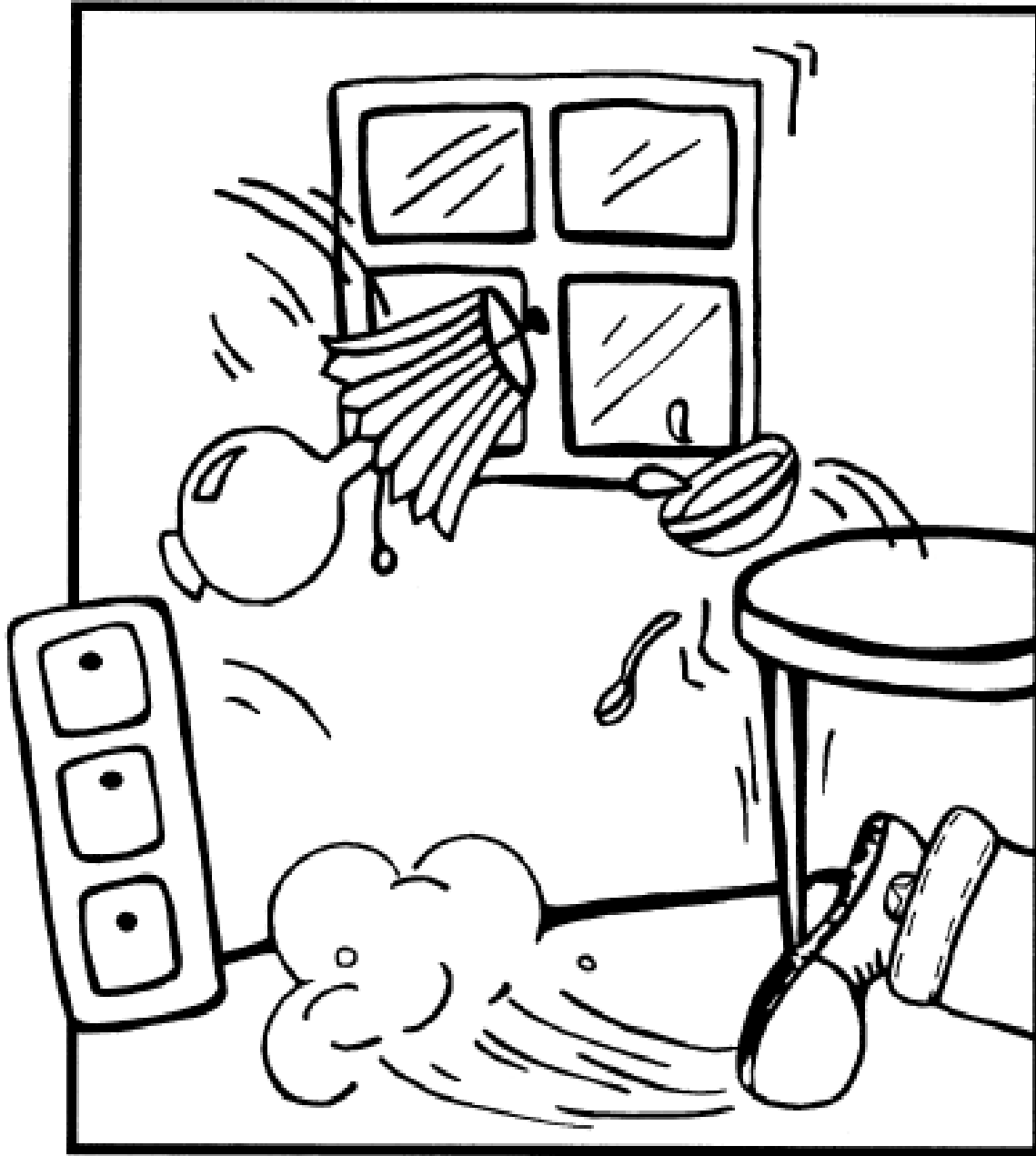
*Find a safe place
in each room in your house.
Practice being "quakesafe"
as quick as a mouse.*

Meel amaan ah ka raadso qol kasta ee ku yaala gurigaaga.

Ku celceli sida aad u ahaan lahayd
“amaan xagga gariirka” si fudud sida jirka.

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

Marka dhulka bilaabo in uu gariiro, ma jirto waqti la lumiyo!



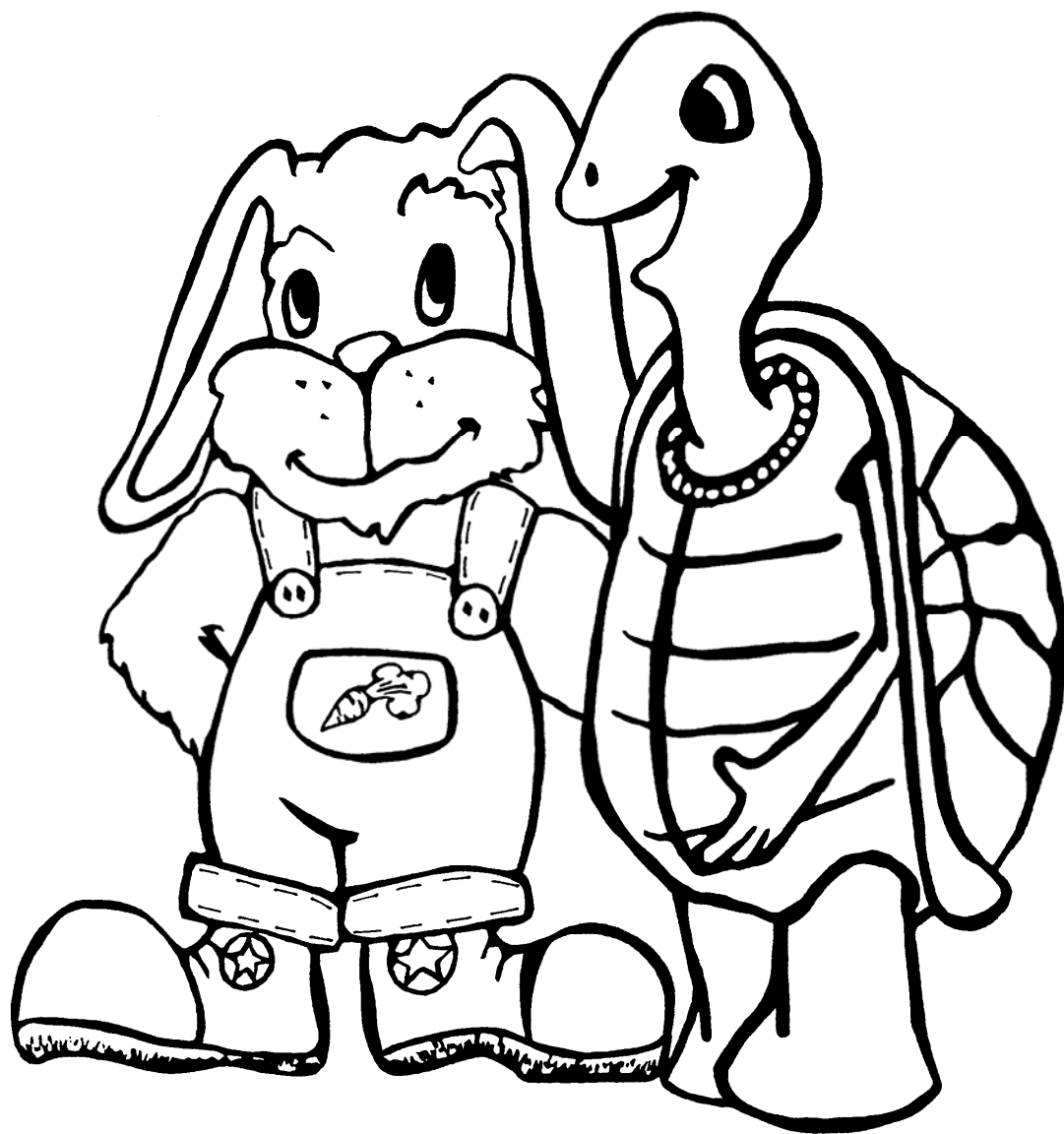
*Get to a safe place
before things start to break!*

Tag meel amaan ah kahor inta waxyaabaha aysan
bilaabin in ay jajabaan!

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



Hooyoyinka iyo aabayaasha, iyo sido kale walaalaha wiilasha
iyo gabdhaha, deriska iyo asxaabta dhamaan waxay u baahan
yahiin in ay ogadaan waxa la sameeyo.



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

Bar waxa aad adiga ogsoon tahay kuna celceli maanta, si aad meel amaan ah ugu sugnaatid marka dhulka bilaabo in uu gariiro.

Si aad u hesho macluumaad dheeraad ah ee ku saabsan sida leysu
diyaariyo xagga musiibada, la xariir:
Xafiiska Seattle ee Maamulka Degdegga
(Seattle Office of Emergency Management)
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