



Published by The Los Angeles County Department of Public Health • 2008



# Ang Aklat para sa mga Bata ukol sa Pagiging Handa kung may Emerhensiya



Tagalog





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

Ang aklat na ito'y tutulong sa atin  
Na matutunan ang dapat na gawin  
At kung sakaling may emergency  
Tutulungan ako at ikaw pati

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

Kailangang tayo ay maging  
handa

Upang tayo ay maging  
malakas

Kung ang plano ngayon ay  
ating magagawa

Hindi talaga tayo  
magkakamali







Because bad things can  
happen

And scary ones too

It is very important

That you know what to do

Sapagkat may mga masa-  
mang nangyayari

At may mga nakakatakot din

Napakahalaga talagang

Alam mo ang dapat mong  
gawin

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

Ang ating kit, hanapin natin  
Na siyang totoong tutulong  
sa atin!

Titingnan natin, upang ating  
matiyak

Na taglay nito ang lahat  
nating kailangan







Water and food

Tools and supplies

Medicine we take

And clothes in all sizes

*Tubig at pagkain*

*Gamit at pantustos*

*Gamot na ginagamit*

*At damit na isinusuot*

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

Sa loob ay may flashlight  
Upang kung ilaw man  
ay mamatay

Sa atin ay may gagabay  
Lalo na sa gabi, ito ay  
kailangan







There's nothing to fear  
We'll light our safe place  
With flashlights and  
light sticks

So I can see your sweet  
face

Walang dapat katakutan  
lilawan natin ang ating ligtas  
na lugar

Gamit ang mga flashlight at  
stick na pang-ilaw

Upang ang maganda mong  
mukha'y aking matanaw



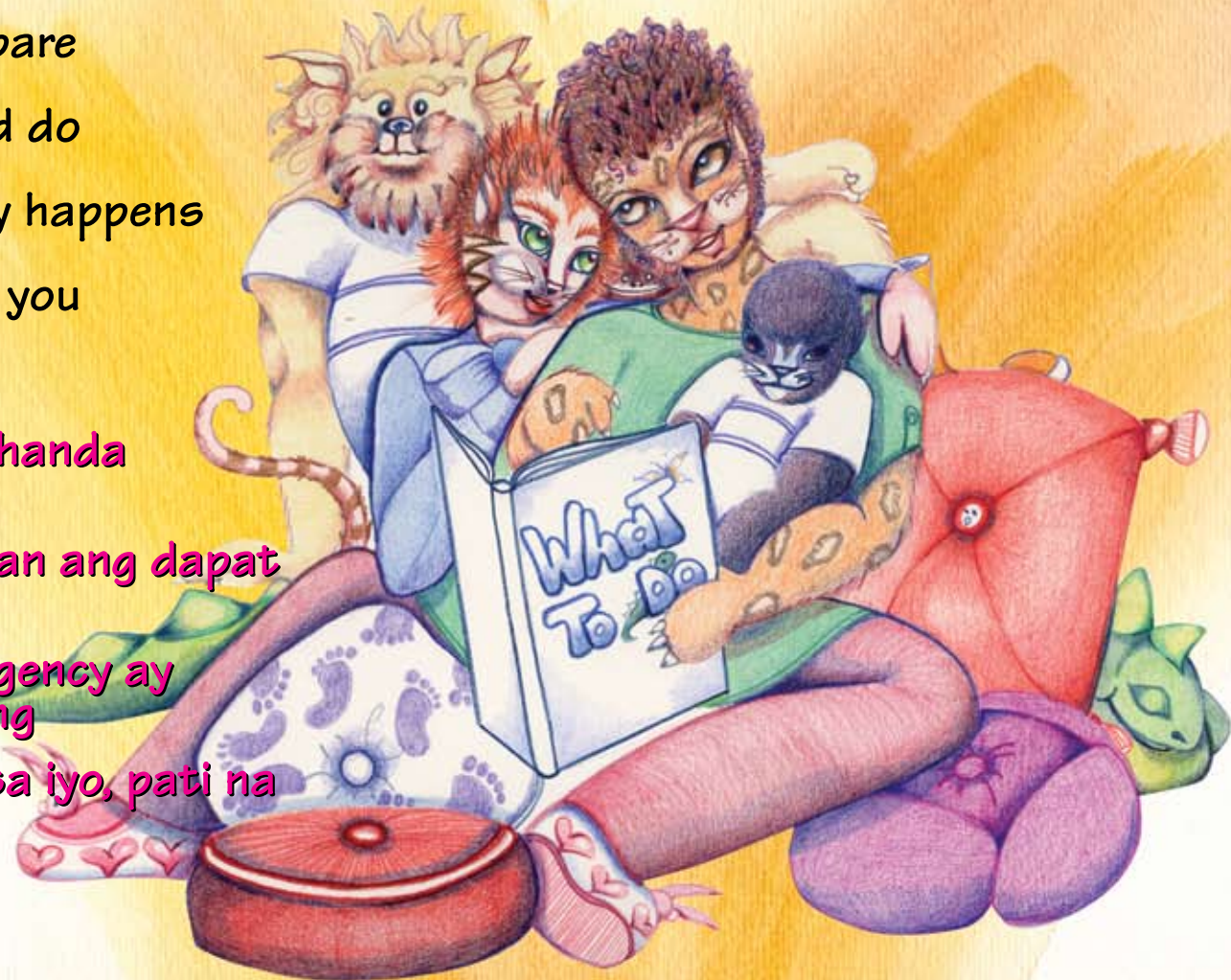
Now let us prepare  
What we should do  
If an emergency happens  
To help me and you

Tayo nang maghanda  
ngayon din

Ng kung ano man ang dapat  
na gawin

Kung ang emergency ay  
biglang dadating

May tutulong sa iyo, pati na  
sa akin





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

Kung sakaling magkakaroon  
ng sunog  
Huwag mananatili na nasa  
sa loob  
Sa siklab ng apoy ay dapat  
na lumayo  
Pero 'wag tatakbo, at 'wag  
magtatago



Make sure you find someone

To show you're OK

Wait with them 'til I find you

And stay out of the way

Tiyakin na ika'y mayroong  
kasama

Upang makita na OK ka pala

Magkasamang maghintay,  
hanggang ika'y makita

At huwag ka nang  
humarang-harang pa





STOP – DROP—and ROLL

If your clothes catch fire

STOP – DROP—and ROLL

And the flames will expire

**TIGIL – DAPA – at GULONG**

**Kung ang iyong damit ay  
mag-apoy**

**TIGIL – DAPA – at GULONG**

**At titigil ang apoy**



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

At kung magkakilindol  
Na para bang sahig ay may pakpak  
DUMAPA—MAGSAKLOB—at  
HUMINTO

Upang huwag tamaan ng anumang  
babagsak





DROP—COVER—and HOLD

When the house shakes

DROP—COVER—and HOLD

When there are earthquakes

**DUMAPA—MAGSAKLOB—at  
HUMINTO**

**Kung ang mga bahay ay  
biglang umuga**

**DUMAPA—MAGSAKLOB—at  
HUMINTO**

**Kung ang mga lindol ay narito  
na nga**



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

Maaaring dapat na tayo ay  
umalis

At sa ibang lugar,  
pumuntang mabilis

Kapag ang ating bahay ay  
naging ligtas

At babalik na tayo dito, sa  
wakas!





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

At...Kung mayroong isang  
masasaktan  
Ng isang kutsilyo, o ng baril  
man  
Tumakbo, telepono ay  
puntahan  
At ang 9-1-1, ay dapat na  
tawagan



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

Manatili sa telepono  
Sundin ang ipagagawa sa 'yo  
Mga pangyayari, sabihin sa  
kanila  
Sa ilang sandali'y dadating  
na sila





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

At kung sakaling mayroong  
buhawi  
Saan kaya tayo dapat na  
pumunta?  
Sa isang basement o sa  
isang silid  
Na nasa ilalim at walang  
bintana



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

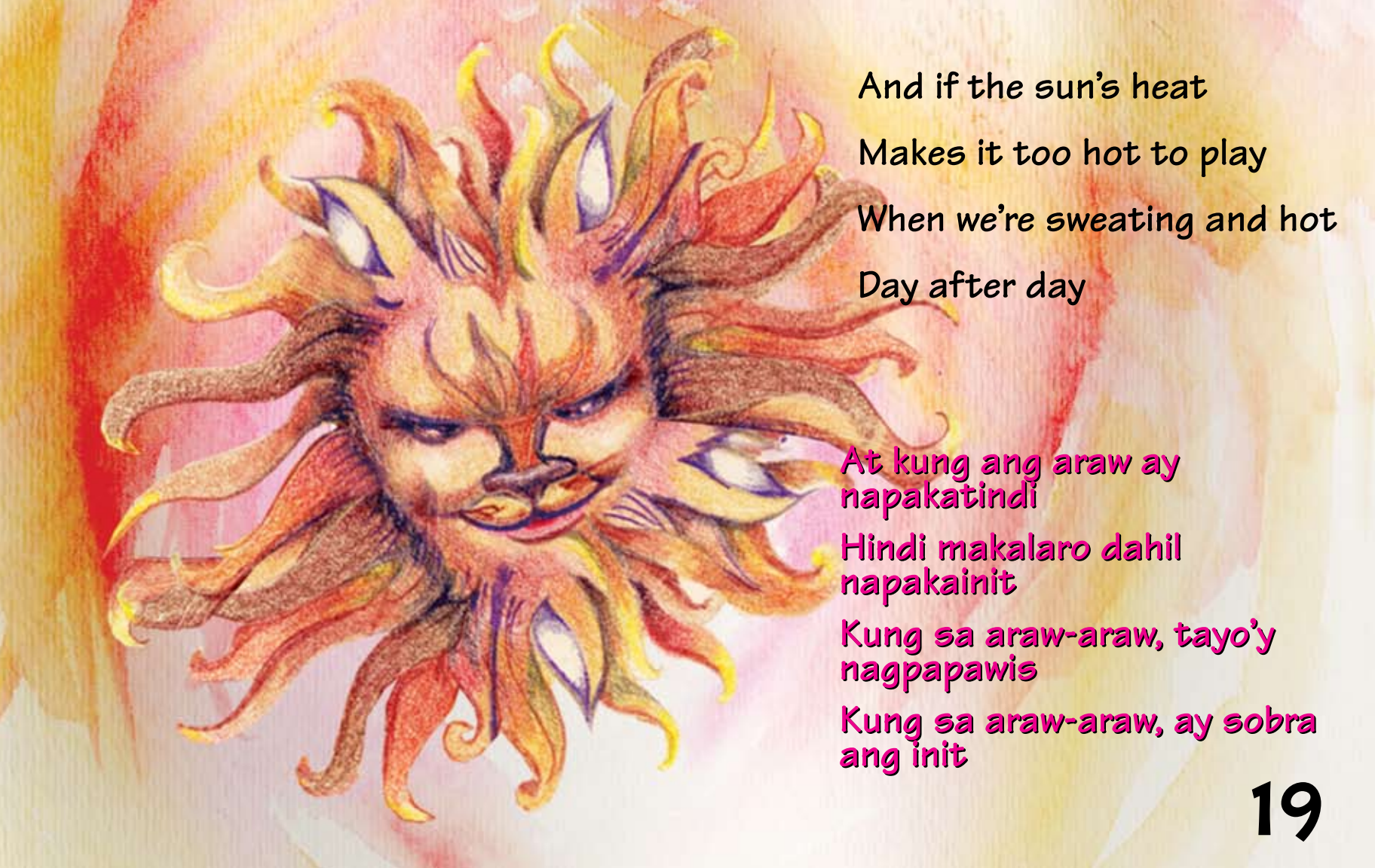
Palilipasin ito at  
maghihintay tayo

Hindi naman nagtatagal  
ang ganito

Pero hindi talaga tayo  
lalabas

Hanggang sa ito'y tuluyang  
lumipas





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

At kung ang araw ay  
napakatindi

Hindi makalaro dahil  
napakainit

Kung sa araw-araw, tayo'y  
nagpapawis

Kung sa araw-araw, ay sobra  
ang init



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

Pupunta tayo saan man  
mas malamig

Iwasan ang araw – magtago  
sa lilim

Uminom ng uminom ng  
maraming tubig

Upang ang ating lakas ay  
hindi kumupas





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

At kung sakali mang ikaw ay  
mawala

Sa tindahan, sa parke, o sa  
kalsada

Kailangan mo ng isang  
nakatatanda

Upang tulungan kang tayo'y  
muling magkita



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

Humanap ka ng isang  
mabait na babae  
At hingin mo ang tulong  
niya  
Na masunod ang plano  
Na ginawa nating  
magkasama







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

Sabihin mo sa kanya ang  
numero

Na gusto mong tawagan  
niya

Upang kami'y kanyang  
matawagan

At tayo'y magkita na, nang  
mabilisan



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

At, may mga pagkakataong  
'Di tayo magkakasama  
Tulad halimbawa kung nasa iskul ka  
Masama ang panahon at may  
bagyo pa





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

**Kailangang ikaw ay maging  
matapang**

**At gawin mo ang mga  
ipinagbibilin nila**

**Makinig ka sa mga  
nakatatanda**

**At huwag lalabas o  
maglalaro pa**



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

Lumayo sa tubig  
Ng baha sa kalsada  
Huwag lalanguyin  
Huwag tatawirin





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

**Maaaring may masamang  
mangyari**

**Maaaring may mga  
nakakatakot din**

**Pero gusto kong malaman  
mo,**

**Anuman ang mangyari,  
naririto ako para sa iyo**



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

Anumang emergency ay ating  
kakayanin

At magkasama tayong  
mapapatunayan mo

Magagawa natin lahat ay mas  
maayos

Para sa akin, at para din sa iyo



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

[www.labt.org/media](http://www.labt.org/media)

**Children preparedness**

[www.ready.gov/kids/home.html](http://www.ready.gov/kids/home.html)

**Los Angeles County Office of Emergency Services**

[www.espfocus.org](http://www.espfocus.org)

**American Red Cross**

[www.redcross.org](http://www.redcross.org)

**City of Los Angeles Emergency Preparedness Department**

[www.lacity.org/epd](http://www.lacity.org/epd)

**Governor's Office of Emergency Services**

[www.oes.ca.gov](http://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

## 10 Mahahalagang Aytem



1. Tubig



2. Pagkain



Pera at  
3. Mahahalagang  
Dokumento



4. Mga Damit



5. Flashlight



6. First Aid Kit



7. Gamot



8. Radyo



9. Toiletries



10. Mga Gamit





# 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.*



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

*Tony Taweessup - 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.*