

BE PREPARED FOR AN EMERGENCY:

First Aid



GOAL: Be prepared to give first aid while waiting for an ambulance.

CHOOSE ONE OF THESE THINGS TO DO TO BE READY FOR AN EMERGENCY

911

Learn how to help while waiting for an ambulance.



Make or buy first aid kits for your home or car.



Take training in first aid, CPR, AED or pet first aid.

do 1 thing

DO1THING.COM

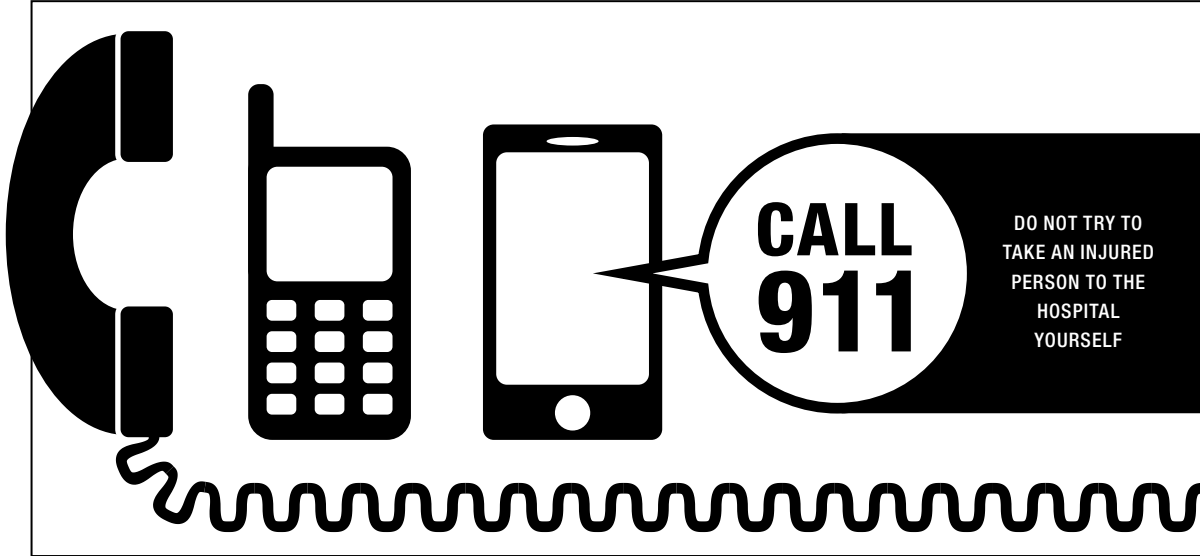
THE MISSION OF DO 1 THING IS TO MOVE INDIVIDUALS, FAMILIES, BUSINESSES AND COMMUNITIES TO PREPARE FOR ALL HAZARDS AND BECOME DISASTER RESILIENT



Know what to do while waiting for an ambulance to arrive.

1

CALL 911



2

FOLLOW THESE STEPS WHILE YOU WAIT

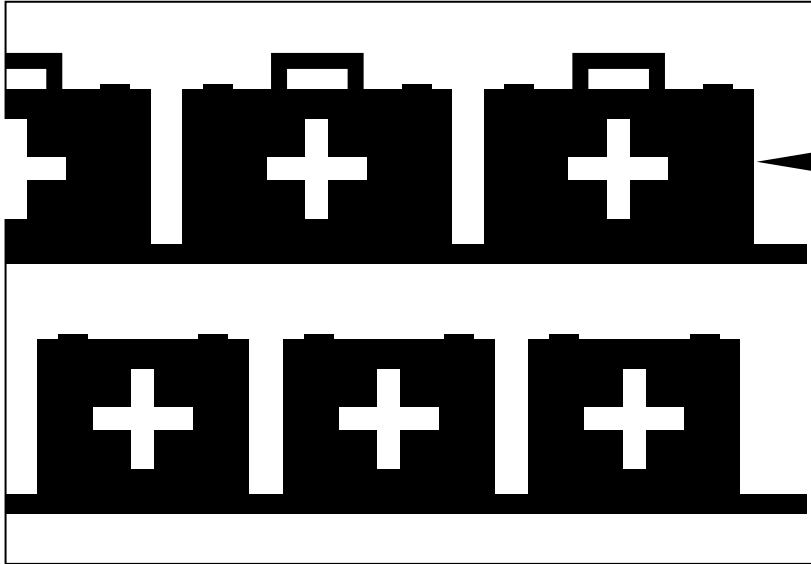
DO NOT	DON'T HANG UP ON THE 911 OPERATOR.	DON'T MOVE SOMEONE THAT WAS INJURED IN AN AUTO ACCIDENT, FALL, OR FOUND UNCONSCIOUS.	DON'T GIVE FOOD DRINK UNLESS INSTRUCTED TO.	DON'T PANIC. TRY TO KEEP YOURSELF AND THE INJURED PERSON CALM.
	DO	COVER PATIENT WITH BLANKET IF COLD.	HAVE SOMEONE WATCH FOR THE AMBULANCE SO THEY CAN DIRECT CREW TO THE PATIENT.	




Make or buy first aid kits for your home and car.

1

BUY A READY-MADE FIRST AID KIT



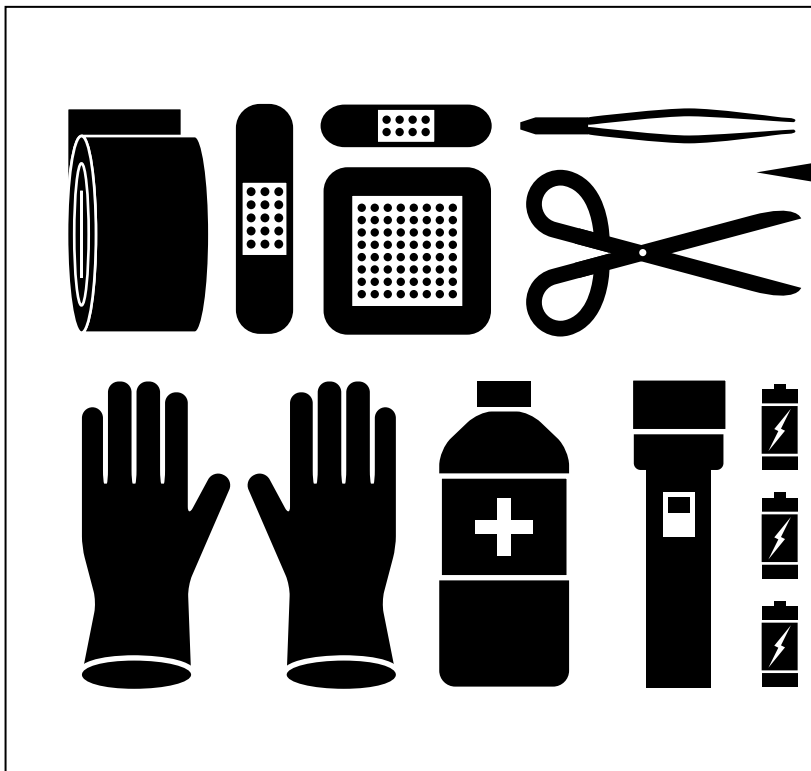



BUY

READY-MADE FIRST AID KITS ARE AVAILABLE AT MOST DEPARTMENT STORES OR YOUR LOCAL AMERICAN RED CROSS CHAPTER. THEY COME IN A VARIETY OF SIZES AND PRICES.

2

MAKE YOUR OWN KIT





BASIC KIT ITEMS

- ADHESIVE TAPE
- ANTISEPTIC OINTMENT
- BAND-AIDS
- BLANKET
- COLD PACK
- DISPOSABLE GLOVES
- GAUZE PADS
- HAND SANITIZER
- PLASTIC BAGS
- SCISSORS
- TWEEZERS
- SMALL FLASHLIGHT
- EXTRA BATTERIES
- TRIANGULAR BANDAGE



Take training in first aid, CPR, AED, or pet first aid.

1

TAKE CLASSES TO LEARN EMERGENCY SKILLS

CONTACT

CONTACT YOUR LOCAL FIRE DEPARTMENT OR RED CROSS CHAPTER TO FIND COURSES AVAILABLE IN YOUR AREA.

AMERICAN RED CROSS

FIRE DEPARTMENT

2

SKILLS YOU WILL LEARN

APPLYING BANDAGES

PERFORMING CPR

IDENTIFYING SYMPTOMS OF SHOCK

AED

USING AN AED