**BE PREPARED FOR AN EMERGENCY:**

**First Aid**

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

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**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.** |

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**do1thing**

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

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

1 CALL 911

2 FOLLOW THESE STEPS WHILE YOU WAIT

**DO**
- Cover patient with blanket if cold.
- Have someone watch for the ambulance so they can direct crew to the patient.

**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 or drink unless instructed to.
- Don't panic. Try to keep yourself and the injured person calm.

**DON'T**
- Take an injured person to the hospital yourself.
- Hang up on the 911 operator.
Make or buy first aid kits for your home and car.

1. **BUY A READY-MADE FIRST AID KIT**

   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

Buy or make first aid kits for your home and car.
Take training in first aid, CPR, AED, or pet first aid.

1. **TAKE CLASSES TO LEARN EMERGENCY SKILLS**
   - Contact your local fire department or Red Cross chapter to find courses available in your area.

2. **SKILLS YOU WILL LEARN**
   - Applying bandages
   - Performing CPR
   - Identifying symptoms of shock
   - Using an AED

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