

# 5 Actions For Emergency Preparedness



1 MAKE A PLAN



2 BUILD A KIT



3 GET TRAINED



4 VOLUNTEER



5 GIVE BLOOD

# 3

GET TRAINED



Learning simple first aid techniques can give you the skills and confidence to help anyone in your home, your neighborhood and at work.

When a major disaster occurs, your community can change in an instant. Loved ones can be hurt and emergency response can be delayed. Make sure that at least one member of your household is trained in first aid and CPR and in how to use an automated external defibrillator (AED).

The three steps below can help you to react well in an emergency:

- **Check the scene** for safety and the victim for life-threatening conditions.
- **Call 9-1-1** or your local emergency number and request professional assistance.
- **Care for the victim** if you can reach the person safely.

Community Disaster Education presentations can provide you with more information.

## A Special Note on Sheltering-in-Place

Chemical or airborne hazards require a special response called sheltering-in-place. If local officials advise you to shelter-in-place:

1. Close and lock all windows and exterior doors.
2. Turn off all fans, heating and air conditioning systems.
3. Close the fireplace damper.
4. Get your disaster supplies kit out and make sure the radio is working.

5. Go to an interior room without windows that is above ground level. (In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.)
6. Using duct tape, seal all cracks around the door and any vents into the room.
7. Listen to your radio or television for further instructions. Local officials may call for evacuation in specific areas.