

5 Actions For Emergency Preparedness



1 MAKE A PLAN



2 BUILD A KIT



3 GET TRAINED



4 VOLUNTEER



5 GIVE BLOOD

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VOLUNTEER



Few Americans are untouched by Red Cross services—all made possible by volunteers, people like you. Our communities need our help. There are so many needs and so many ways to serve.

More than one million Americans serve their communities. They come from all walks of life and backgrounds and are of all ages. Red Cross volunteers help people in emergencies; they teach first aid classes; organize blood drives; and translate so that non-English speakers can receive Red Cross services. They connect members of the armed forces stationed overseas with their families. Our vital community services are made possible by people like you. **Contact your local Red Cross chapter and ask how you can help.**

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GIVE BLOOD



Blood is needed in times of emergency, but the ongoing need is also great.

Every two seconds someone needs a blood transfusion—cancer patients, accident victims, premature infants, people with chronic diseases. Your blood donation means so much to individuals who need it and you can help make a difference.

Giving blood doesn't take much time. During times of crisis and every day, each blood donation has the power to help save as many as three lives. But whole blood only has a shelf life of 42 days. That is why it is so important to be a regular and frequent donor. America needs to have an adequate blood supply available at all times to meet any of the challenges we might face.

Call 1-800-GIVE LIFE (1-800-448-3543) or visit www.givelife.org, and make an appointment to donate blood today.