

## **DO 1 THING**

### **GOAL FOR DECEMBER: BE PREPARED TO GIVE FIRST AID**

#### **TAKE ACTION NOW!**

**Actions you take in the first few minutes after an injury or other medical incident may save someone's life.**



#### ♥ **Know what to do**

- ♥ Call 911 & Follow Instructions

Stay calm, don't move the patient & cover with a blanket, don't give them anything to eat or drink even if asked, watch for the ambulance and guide them to the scene.

#### ♥ **Make emergency kits for your Home & Car**

- ♥ Make or Buy a First Aid kit for your HOME & CAR

Adhesive Tape, Gauze Pads & Roller Gauze (assorted sizes), Antiseptic Ointment, Hand Sanitizer (liquid or wipes), Band-Aids (assorted sizes), Plastic Bags, Blanket, Scissors and Tweezers, Cold Pack, Small Flashlight & Extra Batteries, Disposable Gloves, Triangular Bandage.



#### ♥ **Take First Aid Training: CPR, AED & Pet First Aid**

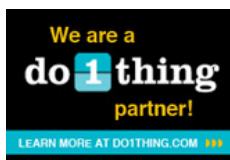


- ♥ Know how to apply a bandage, identify the signs and symptoms of shock, perform CPR or use an automatic external defibrillator (AED). It can save a life!!

Contact your Fire Department, Red Cross or Hospital to schedule first aid training. Contact the Red Cross, Humane Society, Kennel Club or pet store for pet first aid.



**\*\*MAKE TIME and GET STARTED TODAY! You will be glad you did!\*\***



Check out this link for more information and help getting prepared:  
<http://do1thing.com/audiences/individuals>