

BE PREPARED!

- 1) Keep information about you and your family in a **handy place**, such as on the refrigerator door or in your **automobile glove compartment**.
- 2) Keep **medical** and **insurance** records **up-to-date**.
- 3) Find out if your community is served by an emergency 9-1-1 telephone number. If it is not, look up the numbers for the police, **fire department**, EMS, and **poison** control center. **Emergency numbers** are usually listed in the front of the telephone book. Teach everyone in your home how and when to use these numbers.
- 4) Keep emergency telephone numbers in a handy place, such as in the telephone or in the **first aid kit**. Include home and work numbers of family members and friends who can help. **Be sure** to keep both lists **current**.
- 5) Keep a first aid kit handy in your home, automobile, workplace, and **recreation area**.
- 6) Make sure your house or apartment number is easy to read. **Numerals** are easier to read than **spelled-out** numbers.
- 7) Learn and practice first aid **skills**.
- 8) Wear a medical **alert tag** if you have a **potentially serious medical condition**, such as epilepsy, **diabetes**, **heart disease**, or allergies.

My own importance order: _____

What I've covered in my life until this point: _____

The following are diseases: _____

While these are practical things to do:

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____
- g) _____
- h) _____

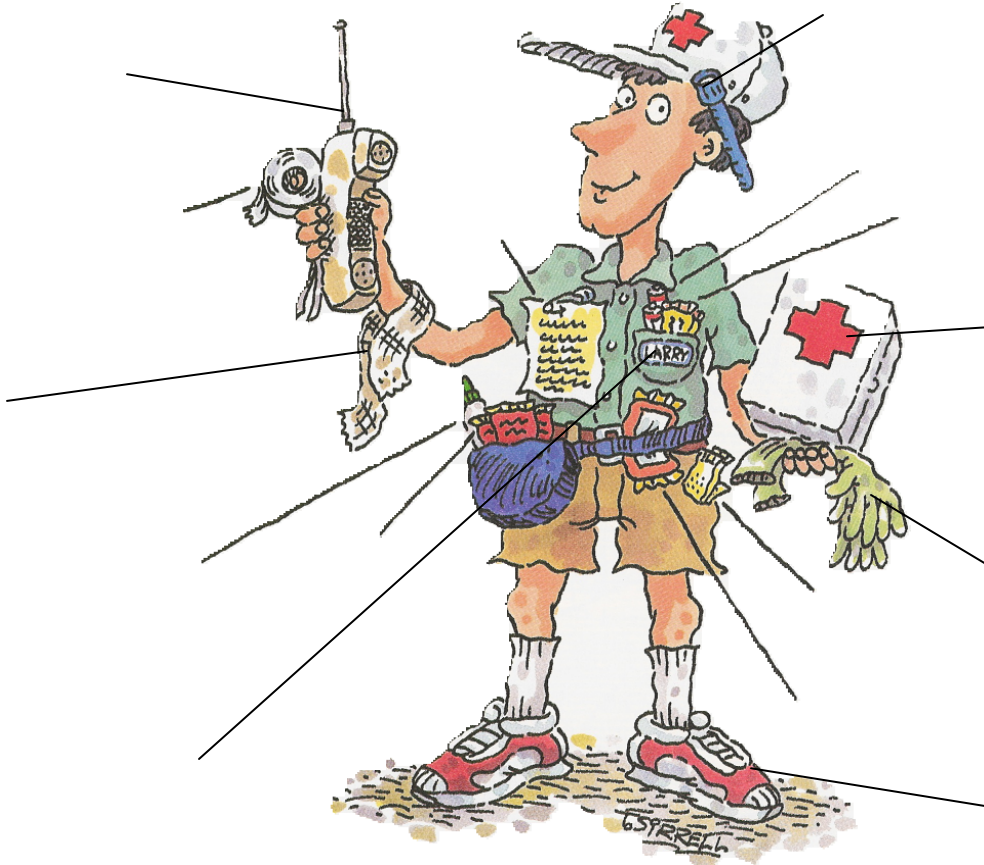


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PREPARING FOR EMERGENCIES

You will never see the emergencies you **prevent**. However, **emergencies** can and do happen, **regardless of attempts** to prevent them.

If you are prepared for **unforeseen** emergencies, you can help **ensure** that care begins as soon as possible-for yourself, your family, and your **fellow citizens**.



- 1) Band aids
- 2) Mobile phone
- 3) Running shoes
- 4) First aid kit
- 5) Small flashlight
- 6) Cold pack
- 7) Disposable gloves
- 8) Extra batteries
- 9) Gauze (pads)
- 10) Emergency phone numbers
- 11) Adhesive tape
- 12) Hand cleaner
- 13) Antiseptic ointment
- 14) Name tag