

KNOW CPR
&

FIRST AID

Are You Ready?

Is a series of handouts designed to assist you and your family to plan ahead for emergencies.



Get trained.

For more information on CPR and First Aid Tips—Check out these Helpful websites:



Washington County
Emergency Services/
Emergency Management
33 W. Washington St.
Hagerstown, MD 21740
240-313-2930



www.fema.gov



www.redcross.org



www.hhs.gov



www.whitehouse.gov

Are You Ready?

WASHINGTON COUNTY
HEALTH DEPARTMENT



NOVEMBER 2005

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).

Rescue Breathing

CHECK
CALL
CARE

Check-Call-Care

The three steps below can help you to react effectively 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.

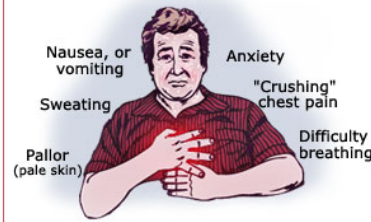


Take a First Aid and CPR Class



In an event of an emergency, medical teams may be delayed in reaching you. Learning first aid and CPR may enable you to save a life before emergency teams arrive on the scene.

Classic Heart Attack Symptoms



Signals of a Heart Attack

- Persistent chest pain or discomfort lasting more than 3-5 minutes or that goes away and comes back
- Pain in either arm, discomfort or pressure that spreads to the shoulder, arm, neck, or jaw
- Nausea, shortness of breath, or trouble breathing
- Sweating, changes in skin appearance
- Dizziness or unconsciousness

An effective first aid kit should include the following:

- Adhesive bandages (1"x3")
- Adhesive waterproof tape
- Antiseptic Wipes
- Assorted Woven Bandages
- Cold Pack
- Cotton Sterile Roll
- Eye pads
- Eye Wash
- Face Mask
- First Aid Cream Packets
- Gauze Pads
- Gauze Roll
- Non-adhesive pads

- Plastic Bags
- Scissors
- Triangular Bandage
- Tweezers
- Latex Gloves
- First Aid Instructions Chart

Prioritize Care

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

Recognize Emergencies



Reporting Emergencies

Any threat or real risk that puts lives in immediate danger is an emergency and should be reported by calling **9-1-1**. You can help save lives by calling **9-1-1!**