Stay Healthy!

Have a First Aid kit.

Learn More!

Know what to do if someone is hurt, or sick and can’t get to a doctor.

Ask your doctor what medicines you should have at home.

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Be Aware!
Know who to call for help.

Be Prepared!
Know what to do.

Stay Informed!
Have these supplies ready.

First Aid kit
Flashlight with batteries
Lots of water
Can opener
Ready-to-eat food for 2 weeks
Some cash
Radio with batteries
Matches

HAVE A LIST OF EMERGENCY NUMBERS
HAVE A PLAN - AT HOME - AT SCHOOL - AT WORK