



What is First Aid?

First Aid is being ready to help a sick or injured person until professionals arrive (like paramedics, nurses, doctors, or a grown-up trained in first aid)

Why learn First Aid?

✚ Being prepared and trained in First Aid will give an injured person the best chance for surviving or getting through an emergency with the least possible pain and injury.

How can I be prepared?

✚ Take a First Aid Class or read books on First Aid

→ Call the [Delaware County American Red Cross](#) for more information on classes and First Aid Kits (740) 362-2021

✚ Know how to contact your local emergency personnel

→ Calling 911

→ Emergency Information poster

→ Poison Control

✚ Create a [First Aid Kit](#)

✚ Know when to [help](#) and when to get help