



CHECK-CALL-CARE

Supports Meeting 1, Activity 2, Choices 1, 2, and 3

It's easier to stay calm in an emergency if you know the clear steps to follow. Here they are:



CHECK

Before rushing to someone's aid, make sure the area is safe. This means there are no nearby hazards like heavy traffic, fire, or downed power lines. If the area is safe, get consent if possible (make sure the person is okay with you helping them) and check the injured person to see what's wrong.



CALL

Call 911 or ask an adult for help, and find an AED or first aid kit.



CARE

Once you've called for help, you can offer to help the injured person by giving first aid. **ONLY** perform first aid that you're trained to provide.

Remember:

Never put yourself in danger when you're trying to help someone. For example, don't walk onto a highway, go into the ocean, or run into a burning building. You don't want emergency responders to have to rescue you, too.