A Kid's Guide To
What To Do In An
EMERGENCY

POCKET PAL

IMMEDIATE ACTIONS
IN AN EMERGENCY

An emergency is a situation in which you or another person becomes injured or very sick and needs help quickly. Here are the first steps to take in an emergency:

1. Stay calm.
2. Check the scene. Is it safe to approach the person who is hurt or sick?
3. Check the injured or sick person and try to keep him or her calm. What kind of aid does the person need?
4. Get help. Call 911. If someone else is with you, ask him or her to make the call. If nobody else is around, you may have to leave the injured or sick person to make the call yourself.
5. Give first aid until professional help arrives, or help an adult provide first aid.

EMERGENCY NUMBERS

AMBULANCE
FIRE DEPARTMENT
POLICE DEPARTMENT 911

Poison Control Center: 1-800-222-1222 in U.S.
Doctor: ____________________________
Dentist: ____________________________
Hospital: __________________________
Home: _____________________________
Mom's work: ________________________
Dad's work: ________________________
Other: ____________________________

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