

# First Aid

## Before

- Buy or make several first aid kits.
  - Label and store items in an organized manner for quick and easy retrieval
  - Make an inventory list of all items (supporting doc)
- Mark location of supplies on a map of the building (**Maps/Diagrams**)
- Keep a personal first aid kit in your car, home & work space
- Maintain sufficient supplies for one week of treatments (supporting document)
- Maintain a 30-day supply of necessary prescription & non-prescription drugs for each family member
- Learn first aid and CPR

## During

- Identify and organize volunteers
- Identify any medical professional volunteers
- Retrieve your first aid kit and identify a safe place to treat victims
- If possible, sort victims by severity and your ability to treat

## After

- Restock first aid kits and return to designated spot

***You may not have access to professional first aid so you should do what you can with what you have.***