



FEMA

Preparedness
Community

You Are the Help Until Help Arrives

How can I provide first care Until Help Arrives?

Life-threatening emergencies can happen fast and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. *You Are the Help Until Help Arrives.*

5 Simple Steps That May Save a Life

According to the Center for Disease Control (CDC), trauma is the leading cause of death for Americans under age 45. Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest are best positioned to provide first care.

You Are the Help Until Help Arrives

First care focuses on five essential actions:

Call 9-1-1

- Don't assume someone else has already done so
- 911 operators are highly trained and will help you
- Let them coach you through the life-threatening situation

Stay Safe

- Assess the situation: pause and use all available senses
- Decide whether to stay and help, grab the injured and get to safety, or get yourself to safety

Stop the Bleeding

- Apply steady, firm pressure on the source of bleeding until first responders arrive
- If you can't control the bleeding with manual pressure, consider a tourniquet

Position the Injured

- Lay the injured on their side, legs slightly bent, with bottom hand reached outward and head resting near hand
- Raise the chin forward with mouth pointed downward

Provide Comfort

- Share names and ask basic questions
- Tell them what you know happened, but do not speculate
- Keep them warm and offer a hand to hold