

# ARE YOU PREPARED?

Emergencies can happen when we least expect them. Whether it's a natural disaster, a medical emergency, or an unexpected accident, being prepared can make all the difference. This guide provides you with essential tips and resources to ensure that you and your loved ones are ready to face any situation with confidence.



**IT'S TIME TO TAKE ACTION**  
We must save other lives even before disaster strikes.

FOR MORE INFO, VISIT  
[WWW.ALLYMEDICAL.COM](http://WWW.ALLYMEDICAL.COM)

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# EMERGENCY CONTACTS

## EMERGENCY HOTLINE

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## POISON CONTROL CENTER

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## HOSPITAL EMERGENCY

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## FAMILY DOCTOR

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## ANIMAL CONTROL

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## FIRE DEPARTMENT

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## POLICE DEPARTMENT

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## PHARMACY

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## VETERINARIAN

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

## INSURANCE

Mobile: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

# FIRST AID BASICS

## **CPR:**

Learn CPR by taking one of our free CPR classes, sign up at [www.allymedical.com/cpr/](http://www.allymedical.com/cpr/)

## **Stop the Bleed:**

- Apply firm pressure to the wound using a clean cloth or bandage.
- If bleeding does not stop, use a tourniquet above the injury if you know how to do so safely.

## **Treating Burns**

- Cool the burn with cool (not cold) water for at least 10 minutes.
- Cover the burn with a clean, non-stick bandage or cloth.
- Seek medical attention if the burn is severe.

## **Cuts and Fractures**

- Cuts: Clean the wound with water, apply pressure to stop the bleeding, and cover with a bandage. Seek medical attention if necessary.
- Fractures: Immobilize the injured area, apply ice packs to reduce swelling, and seek immediate medical help.



EMERGENCY ROOM

# NATURAL DISASTER PREPAREDNESS

## Floods:

- Before: Know your area's flood risk and plan evacuation routes. Have emergency supplies ready.
- During: Move to higher ground immediately. Avoid walking or driving through floodwaters.
- After: Stay out of floodwaters, watch out for debris, and avoid using contaminated water.

## Wildfires:

- Before: Create a defensible space around your home by clearing away flammable materials. Prepare an evacuation plan.
- During: Evacuate immediately if advised by authorities. Wear protective clothing and a mask to reduce smoke inhalation.
- After: Return home only when authorities declare it safe. Monitor for flare-ups and stay alert to changing conditions.



EMERGENCY ROOM

# MEDICAL EMERGENCIES

## Recognizing Signs of a Heart Attack or Stroke:

- Heart Attack: Look for symptoms like chest pain, shortness of breath, nausea, or lightheadedness. Call 911 immediately.
- Stroke: Watch for facial drooping, arm weakness, and speech difficulties. Time is crucial – call 911 immediately if you suspect a stroke.

## Treating Burns, Cuts, and Fractures:

- Burns: Cool the area under running water, cover it loosely with a clean cloth, and seek medical attention if the burn is severe.
- Cuts: Clean the wound thoroughly, apply pressure to stop the bleeding, and cover it with a sterile bandage.
- Fractures: Immobilize the area using a splint or similar device. Apply ice packs to reduce swelling, and seek immediate medical help.



EMERGENCY ROOM

# SAFETY TIPS FOR FAMILIES

## Childproofing Your Home:

- Install safety gates at the top and bottom of stairs.
- Secure heavy furniture to walls to prevent tipping.
- Cover electrical outlets with safety plugs.
- Keep medicines, cleaning supplies, and other hazardous materials out of reach.

## Emergency Plans for Families with Pets:

- Include your pets in your emergency plan. Ensure they have identification tags and are microchipped.
- Prepare a pet emergency kit with food, water, medications, and copies of medical records.
- Identify pet-friendly shelters or hotels in case you need to evacuate.

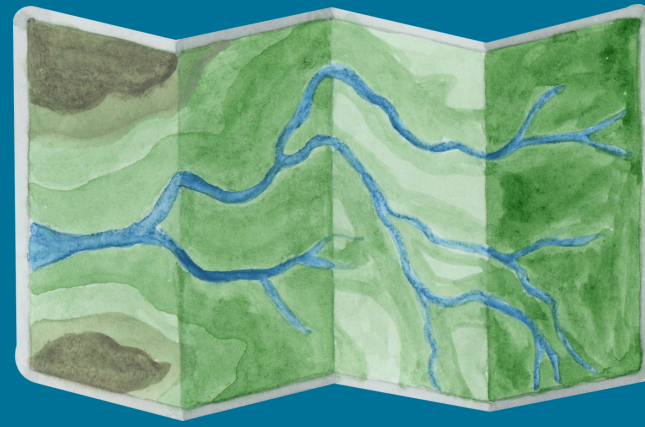


EMERGENCY ROOM



MEDICATIONS

LOCAL MAPS



# Building Your Emergency Kit



FIRST AID KIT



EMERGENCY BLANKETS



BATTERIES



WHISTLE



FLASHLIGHT

WATER



NON-PERISHABLE FOOD