

Stay Healthy!

Have a First Aid kit.



Ask your doctor what medicines you should have at home.



Learn More!

Know what to do if someone is hurt, or sick and can't get to a doctor.



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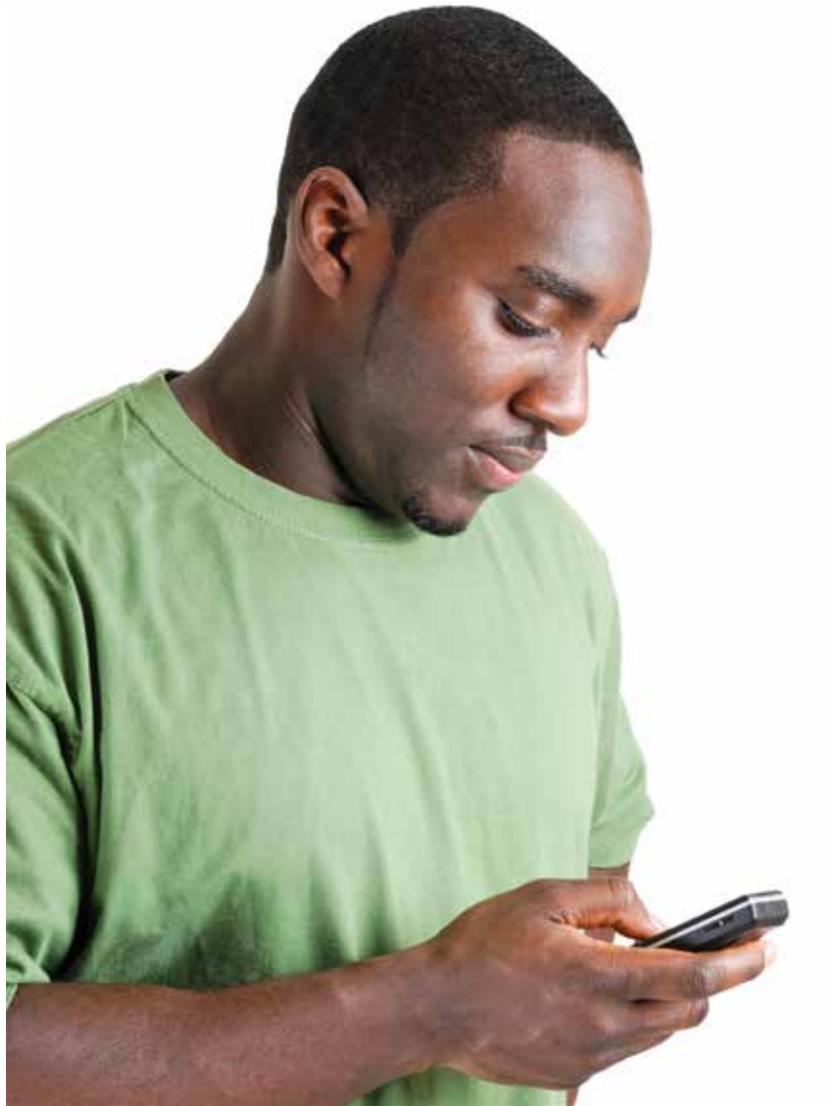
How to Help Your Family in a Health Emergency



health.ny.gov

Be Aware!

Know who to call for help.



HAVE A LIST OF EMERGENCY NUMBERS

Be Prepared!

Know what to do.



HAVE A PLAN • AT HOME • AT SCHOOL • AT WORK

Stay Informed!

Have these supplies ready.



First Aid kit



Flashlight with batteries



Lots of water



Can opener



Ready-to-eat food for 2 weeks



Some cash



Radio with batteries



Matches