

FOR MORE INFORMATION ON PREVENTING,
PREPARING FOR AND RESPONDING
TO EMERGENCIES, CONTACT:

AMR Central Mississippi

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Public Affairs Office: 601.368.2301

Money-saving memberships offered

Full-time & part-time job opportunities available

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A Global Medical Response Solution

IN EMERGENCIES, DIAL 911

EMERGENCY CONTACT INFO

My Name: _____

My Address: _____

My DOB: _____

Emergency Contact Name: _____

Emergency Contact Phone #: _____



HELP US HELP YOU

Five Steps to Survive Medical Emergencies



AMR
A Global Medical Response Solution

FIVE STEPS TO SURVIVE MEDICAL EMERGENCIES

STEP 1: PREVENT EMERGENCIES



- Take care of your body: Eat, rest and exercise wisely; manage your stress; choose and rely on a family doctor
- Use seat belts, car seats, smoke alarms and other safety equipment
- Lock poisons, medicines and guns out of a child's reach
- Keep your property safe from falls and fires

STEP 2: POST INFORMATION VITAL FOR FIRST RESPONDERS



- Make sure your mailbox address and building number are visible from the street or road
- Keep clear directions to your location near all landline phones (see clip-out form)
- Store names and numbers of family and emergency contacts near landlines or in mobile devices
- Keep medication information with you at all times

STEP 3: CALL FOR HELP PROPERLY



- Know the warning signs of a heart attack, stroke and other medical emergencies
- Don't delay: Call 911 first and fast!
- Stay calm: State your name, phone number and where you need the ambulance
- Answer the dispatcher's questions
- Follow the dispatcher's instructions and do not hang up until the dispatcher instructs you to
- Teach children their home address and how to call 911

STEP 4: LEARN LIFE-SAVING SKILLS



- Learn CPR and first aid
- Don't move the injured unless they are in immediate danger of further injury
- To help stop bad bleeding, press firmly and continuously where the blood is coming from

STEP 5: SUPPORT YOUR LOCAL FIRST RESPONDERS



- Pull to the right to let emergency vehicles pass
- Become or encourage others to become a certified First Responder, EMT or paramedic
- If you are trained, render aid before EMS crews arrive
- Sign up as an organ donor
- Donate blood regularly

DIRECTIONS TO OUR PLACE

Our Street Address: _____

Closest Intersection: _____

Nearby Landmarks: _____

What Our House/Building Looks Like: _____