Learn basic do-it-yourself skills to stay healthy and safe until help arrives. Always call 911 first in a life-threatening emergency.

**THE BASICS:**

- Learn how to perform Hands-Only CPR and how to use an automated external defibrillator (AED).
- Learn how to perform Seizure First Aid to help a person with epilepsy until the seizure stops.
- Learn the right way to wash your hands. Handwashing is one of the best ways to protect yourself, your family, and others from getting sick.
- Learn how to give back blows to an infant, and how to perform the Heimlich maneuver on yourself and others in a choking emergency.
- Learn how to use a portable generator safely to avoid electrocution and prevent carbon monoxide poisoning.

**QUICK TIPS:**

- Conduct a self-assessment if you live with a disability. Know what you can and cannot do. Talk with your health care provider about a realistic emergency, including evacuation, plan.
- People who rely on durable medical equipment: Show people in your support network, such as family, friends, and neighbors, how to operate and maintain your device(s).
- Learn how to make contaminated water safe to drink and where to find alternate sources of water. Bottled water is the safest choice for drinking and all other uses in an emergency.
- Learn how to take care of wounds after an emergency.
- Learn how to cleanup mold after a flood.
- Learn how to take care of your emotional health after an emergency.