



## Preparedness Opportunities!



Preparedness programs are national, standardized and free for community members taught by certified presenters. They are designed to help participants understand, prepare for and respond appropriately to emergencies and disasters through engaging and age-appropriate curriculum.

### Disaster and Emergency Preparedness for Youth and Households

#### Prepare with Pedro Kindergarten- 2<sup>nd</sup> Grade

A 30-45 min preparedness program for students that follows Pedro the Penguin and his friends as they learn how to be prepared and take action during an emergency.

#### Home Fire Campaign

Resident(s) over 18

A 30-minute preparedness home visit reviewing home fire and other safety checklists, beginning a home escape plan and installing free smoke alarms.

### Disaster and Emergency Preparedness for Adults

#### Be Red Cross Ready

The presentation is designed to teach people how to prepare for and respond appropriately to disasters likely to occur in their community such as hurricanes, wildfires, earthquakes, tornadoes, etc.

#### Hands Only CPR

A 30 min training teaching hands-only technique for CPR. Participants learn how to check for consciousness, call 911 (or the local emergency number) and give continuous chest compressions.

*CPR training certification is not provided through this course.*

#### Ready Rating

A 30 min presentation explaining our free membership program to help businesses, schools, or organizations become better prepared for disasters and other emergencies.

To learn more or sign-up for a please contact:

Dr. Calvin V. Barnes, Committee Chair  
Alabama NAACP Emergency Response Committee  
Email: em\_resp@naacp.org



*be ready to save  
a life*  
with  
Hands-Only CPR

It's easy to learn. You can increase the chance of someone surviving a cardiac emergency by taking a FREE American Red Cross 30-minute class.

More than 350,000 cardiac arrests occur outside a hospital each year. Learn how to deliver lifesaving CPR care without rescue breaths and be prepared.

When you immediately provide Hands-Only CPR, you can increase the chance of survival.

To learn more or sign-up for a free 30-minute class, please contact:

Dr. CeVin V. Barnes, Committee Chair  
Alabama NAACP Emergency Response Committee  
Email: [em\\_resp@alnaacp.org](mailto:em_resp@alnaacp.org)

You can get started today, by watching a free video tutorial at [redcross.org/handsonly](https://redcross.org/handsonly)



**American  
Red Cross**