



Family Health & Safety

GET TRAINED! We can do CPR/AED and First Aid training here at Immanuel Baptist Church for you and your family.

GET A PLAN! Make a FIRST AID KIT for your HOME and CAR (medical gloves, band aids, alcohol gel for cleaning hands, gauze bandages, medical tape, and plastic bag for disposing soiled bandages)

CAR SAFETY KIT: blanket, flashlight, whistle, First Aid Kit, phone numbers/emergency contact card (keep in glove compartment) Candy Bar, Water bottle

FIRST AID APPS: GOOGLE: First Aid APPS. Choose from American Red Cross, American Heart Association (well-known programs). Marcy's favorite is GotoAid. When registering, skip referral code, scroll down and click 'Remind me later'. Click First Aid People and look through all the wonderful and helpful items. MY FAVORITE!

ICE: In Case of Emergency Feature on your cell phone (even if locked): Google: ICE for phones / locked phones. Install and fill out and test on your phone.

TRAINING: You can take a class in person OR go online and sign up for a FREE online course. Register but DO NOT give any credit card information or pay anything to get certified. You ONLY want the information.

POISON CONTROL PHONE NUMBER: 1-800-222-1222. Call first unless very ill, then call 911 first.

Lexington-Fayette County Health Department Phone Number: 859-246-0117

CDC: Center for Disease Control: 800-232-4636

Medicaid and Medicare: 800-633-4227

Domestic Violence Hotline: 800-799-7233

FEMA Assistance: 800-621-3362

THANK YOU FOR ATTENDING THE OVERVIEW FOR FIRST AID AND CPR TODAY.
PLEASE CONSIDER TAKING OUR FIRST AID AND CPR TRAINING COURSE SOON!

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