



# EMERGENCY RESPONSE TIPS

## Follow the “Four R’s”



### Recognize

Recognize the situation and assess danger



### Respond

Respond promptly according to your emergency plans



### Rescue

Move the injured to safety & apply first aid



### Report

Report the emergency by calling 9-1-1

## Use SCAB-E to Remember Initial Care Priorities

### S Situation

Before administering first aid, assess your surroundings. Don't begin treatment if there's immediate danger. Stay alert, as the situation can change quickly.

### C Circulation (Bleeding)

Stop massive external bleeding, which can lead to death in minutes. Apply direct pressure, pack the wound, or apply a tourniquet.

### A Airway

Ensure unconscious people have an open airway so they can breathe. Roll them onto their side to put them in recovery position.

### B Breathing

Treat penetrating chest wounds that interfere with breathing. Cover any holes in the torso with a chest seal and check back often. Monitor the wounds and check the person's breathing.

### E Everything Else

Monitor mental status, treat for hypothermia and shock, provide psychological aid, and evacuate to professional care as soon as possible.

# Tips When Caring for Others

## Give Psychological First Aid



Emotional support is key to helping people in need while you're waiting for first responders. Talk to them, hold their hand, encourage them to fight, and tell them you won't leave them. Give small sips of water if possible.

## Provide Comfort



Keep the injured warm and dry. Use layers to prevent heat loss from wind, water and cold.

## Preparedness Reminders

### Stay Informed



Have multiple ways to stay informed about emergencies, including knowing local radio and TV news stations, and registering for free, local emergency alerts at [ArlingtonAlert.com](https://www.ArlingtonAlert.com).

### Gather Emergency Supplies



Gather emergency supplies to meet your unique needs, like medications, mobility assistance devices, feminine hygiene products, and more. Keep supplies in your home, workplace, and car. Update twice a year.

### Discuss Plans With Your Loved Ones



Talk with your loved ones about emergency plans, including how you'll get in touch in an emergency, where you'll meet if you need to evacuate, and special considerations to plan for, like kids, pets, language needs, and mobility restrictions. Write down your plan and practice.

## More Resources



Scan the QR code or visit [ReadyArlington.com](https://www.ReadyArlington.com) for free preparedness resources, including tips, downloadable templates, free classes, and more.

