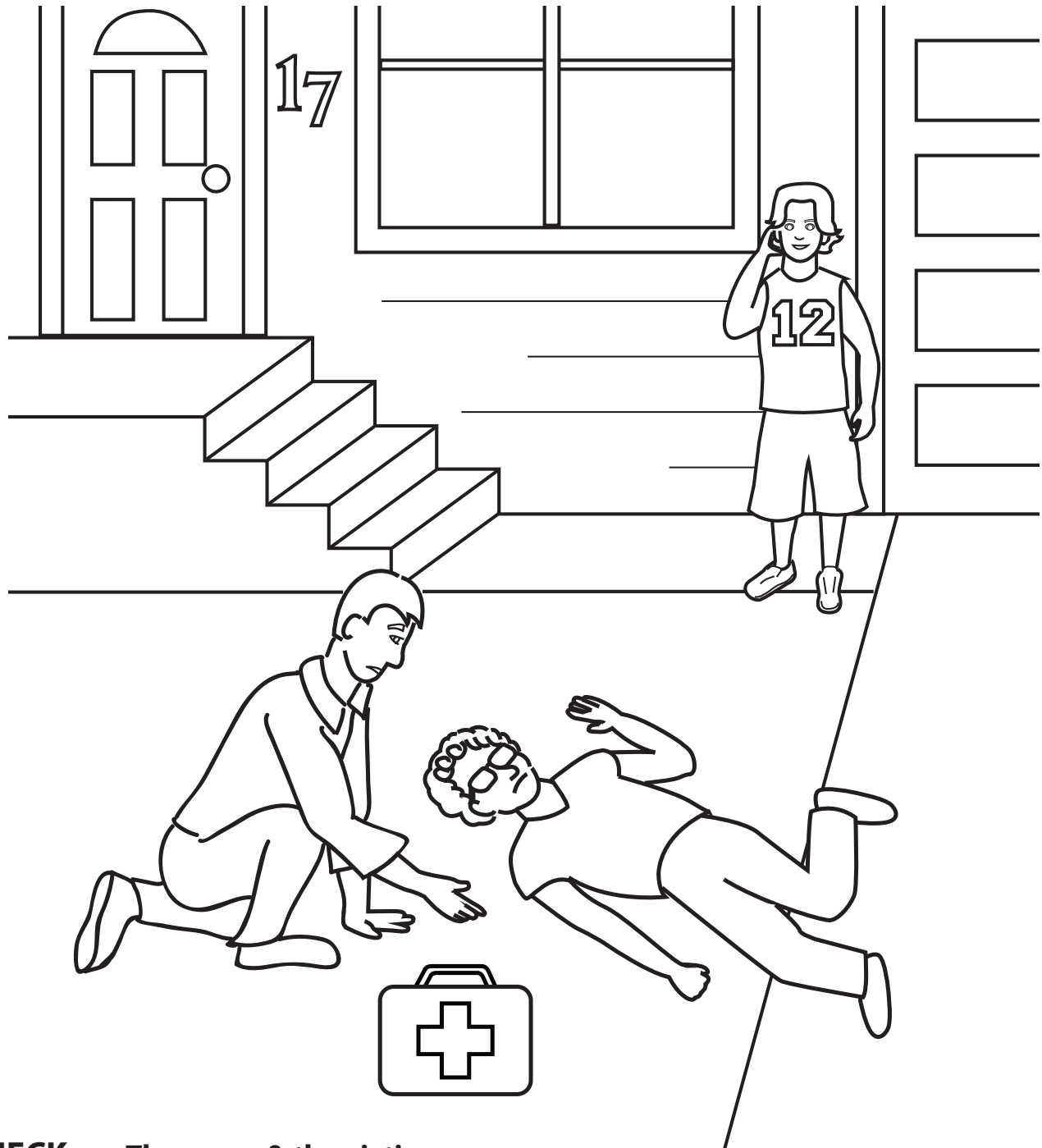


# CHECK • CALL • CARE

There are 3 steps to follow when assessing an emergency situation.



**CHECK:** The scene & the victim.

**CALL:** Call 9-1-1. Calling is the most important action you can do to help someone who is ill or injured.

**CARE:** Now you and an adult can decide if CPR or FIRST AID is needed. It is always recommended to use gloves and a breathing barrier when giving emergency care.