

PREPARE YOUR HEALTH: PRACTICAL SKILLS

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 how to give back blows to an infant, and how to perform the [Heimlich maneuver](#) on yourself and others in a choking emergency.
- 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 [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.