

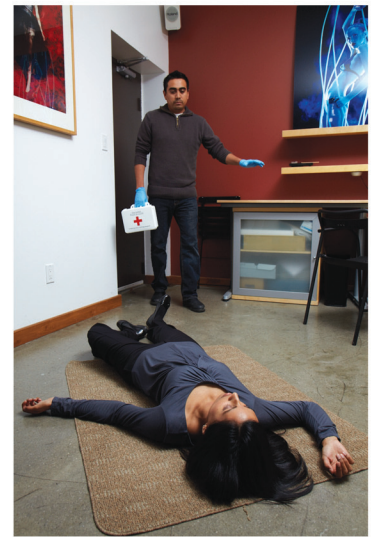
CHECK, CALL, CARE

The 3 basic steps to follow in any emergency

Remember: stay calm, look for dangers, never risk your own safety

CHECK the person

- **Does the person want your help?** If the person is unable to answer, assume you have consent to give first aid.
- **Check the person's ABCs** (Airway, Breathing, and Circulation).



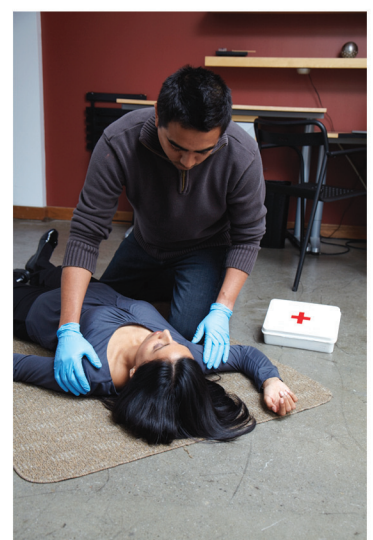
CALL EMS/9-1-1

- **If the person responds**, find out if there is a need to call EMS/9-1-1.
- **If the person does not respond**, call for help and EMS/9-1-1.



CARE for life-threatening conditions first

- **Reduce the risk of disease transmission** by using protective equipment, such as disposable gloves and a barrier device.



The information on this poster does not replace formal First Aid & CPR training.

To find a Red Cross First Aid course in your area scan the QR code, or:

redcross.ca/firstaid | 1.877.356.3226



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