Primary Responsibilities
▼ Establish a neighborhood First Aid Station.
▼ Treat those who have been injured.
▼ Identify those who require skilled medical care.

Before the Disaster
☐ Take a basic first aid class.
☐ Take a Disaster First Aid class offered through Seattle Office of Emergency Management.
☐ Identify two neighborhood locations that could be used as a neighborhood First Aid Station.

After the Disaster

Priority #1: Take care of yourself, your family and your home
☑ Check yourself and your family members for injuries.
☑ Take care of your house by:
  ☐ Putting out small fires using a portable fire extinguisher.
  ☐ Turning off your natural gas at the valve outside the house, only if you smell natural gas, hear or see a problem, or if you suspect a leak.
  ☐ Turn off your water at the main house valve and, if necessary, your electricity at the main electrical panel.
☑ Dress for safety and go to your meeting site:
  ☐ Put your Help/OK sign in the window or on the door where it can be seen from the street.
  ☐ Wear comfortable clothing, hardhat, safety glasses, gloves, sturdy shoes.
  ☐ Bring a flashlight and your first aid kit.
  ☐ Put your fire extinguisher at the end of the driveway for others to use if necessary.

Priority #2: Take Care of Others
☐ Go to your neighborhood Meeting Site. Always work in teams of two.
☐ Your Neighborhood Coordinator will ask you to set up a neighborhood First Aid Station. Post a large sign designating the site as the First Aid Station.
☐ As best as you are able, treat those with injuries using basic first aid.
☐ Identify those who will need more skilled medical care and give that information to the Neighborhood Coordinator.
☐ Write down the names and addresses of the injured and the treatment they were given.
☐ If someone needs advanced medical treatment and needs to be transported to a medical facility, listen to the radio for routes to take or avoid. Before leaving, notify the Neighborhood Coordinator of your plan.
☐ Maintain a list of who is being taken to which medical facility.
☐ Summarize the treatment you provided and send it with the patient being transported.
<table>
<thead>
<tr>
<th>Date</th>
<th>Person's name (include age, sex)</th>
<th>Injuries</th>
<th>Treatment</th>
<th>Transported to</th>
<th>Time</th>
</tr>
</thead>
</table>