

## SAFETY ACRONYM FOR FAMILIES

**P** ractice what to do in different emergency situations together as a family by role playing, conducting drills, playing games, and doing activities.

**R** etain an emergency contact list in a central location of your home.

**E** xplain that it's okay to make a scene by screaming, kicking, scratching, yelling for help, etc. if someone is trying to harm or take you.

**C** all 911 **first** in an emergency situation or ask someone to call for you if someone is injured and needs immediate medical help.

**A** lways maintain a first aid kit in your home and in your vehicles as well as bug out supplies for a sudden evacuation from your home.

**U** se 'teachable moments' to reinforce safety rules and guidelines within your home and when you are out on-the-go.

**T** each young children to memorize their full name and parents' names, their address, and a parent's phone number.

**I** mplement safety rules, guidelines, and processes within your household, in your vehicles, within your neighborhood, and out in public places.

**O** nly allow kids in a pool if a sober adult is watching (adults taking turns).

**N** otice your surroundings when walking outdoors and in public places.

**S** ave lives by learning basic first aid, CPR, the Heimlich Maneuver, and recognizing FAST symptoms of a stroke.

