

#READYHOME · TAPE THIS BY THE FRIDGE OR PHONE

If you call 911 from this house

MedicPathPioneers
medicpathpioneers.app/ready

Stay calm. Say the address first. Put the phone on speaker. Don't hang up.

OUR FULL ADDRESS (STREET, TOWN, ZIP)

NEAREST CROSS ROAD

LANDMARK / WHAT THE HOUSE LOOKS LIKE

POISON CONTROL (24/7, FREE)

1-800-222-1222

EMERGENCY CONTACT · PHONE

FIRST AID KIT IS KEPT

FIRE EXTINGUISHER IS KEPT

BLEEDING KIT / TOURNIQUET IS KEPT

NEAREST AED

EVERYONE IN THE HOUSE: WHAT THE PARAMEDIC WILL ASK

NAME · DOB	MEDICATIONS & DOSES	ALLERGIES	CONDITIONS	DOCTOR

Update this card whenever a prescription changes. General education, not medical advice. In an emergency, call 911.

Your 14-step checklist

The national median wait for an ambulance is about 7 minutes, and about 13 minutes in rural areas (JAMA Surgery, 2017). These steps are for those minutes. Tick one off each day.

- ☐ **DAY 1 Can 911 find you?**
Fill in page 1. Check your house number is visible from the road at night.
- ☐ **DAY 2 Choking**
Practice positions: 5 back blows, 5 abdominal thrusts, keep alternating.
- ☐ **DAY 3 First aid kit**
Find it, move it to the kitchen, toss what's expired.
- ☐ **DAY 4 Severe bleeding**
Press hard, pack the wound, tourniquet above it. Book a Stop the Bleed class.
- ☐ **DAY 5 Smoke & CO alarms**
Press every test button. Replace any alarm 10+ years old.
- ☐ **DAY 6 Pan on fire**
Lid next to the stove. Never water on grease.
- ☐ **DAY 7 Hands-only CPR**
30 compressions on a cushion: 2 inches deep, 100 to 120 a minute.
- ☐ **DAY 8 Nearest AED**
Know where it is at work, school, church and the gym.
- ☐ **DAY 9 The list on the fridge**
Meds, allergies and conditions for each person (page 1).
- ☐ **DAY 10 Fall-proof one path**
Bed to bathroom: rugs up, night light in, phone reachable from the floor.
- ☐ **DAY 11 Poison Control**
Save 1-800-222-1222 in your phone. Cleaners and pods up high.
- ☐ **DAY 12 Medicine cabinet**
Lock up opioids and drop old ones at a take-back site. Keep naloxone if anyone takes opioids.
- ☐ **DAY 13 Cut it for small kids**
Grapes and hot dogs quartered lengthwise. Tell every caregiver.
- ☐ **DAY 14 The 5-minute drill**
Roles: one calls 911, one gives first aid, one opens the door and waves in the ambulance.

Full lessons, slides and the tools I recommend: medicpathpioneers.app/readyhome · Source: Mell HK et al., JAMA Surgery 2017 (EMS response times). General education, not medical advice or certification. Take a hands-on CPR and Stop the Bleed class.