

# HEALTH TIPS

*from Rosie Roo*



Hi Friend!

*Do you know how to stay safe when you're home alone? What if someone gets hurt or something goes wrong? This month we're going to talk about what to do in case of an emergency and [how to dial 911](#).*

**Steps to Take In An Emergency:**

1. Try to stay calm. Take deep breaths and try to stay focused on what is going on around you.
2. Dial 9-1-1 if you need help for an emergency.
3. Tell the operator who answers your call that there is an emergency.
4. They will ask for your name and probably your address. Practice memorizing your home address just in case you ever need it.
5. Tell the operator what is going on. They want to know as much as they can so they are able to send you the right kind of help.
6. Follow the instructions from the operator. Whatever they ask you to do, repeat it back to them and try to remember the best you can what needs to be done next.
7. Stay on the phone until the operator says you can hang up.

Discuss emergency situations with an adult. *What else you can do to stay safe when you're by yourself?* Memorize your plan and practice.

Emergencies can happen, so it's always good to prepare. Don't be home alone without a plan!



### ***ASK (About Special Kids)***

*MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746.*

*Find out more at [aboutspeakids.org](http://aboutspeakids.org).*



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