



FIRST AID TIPS FOR NEWCOMERS IN CANADA

1. Know your location



Emergency responders need to know where to go.

- Home address
- Apartment or unit number
- Nearest main street
- Work or school address
- Child’s school or daycare address

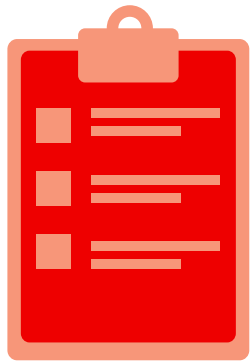
Outside? Look for:

- Street signs
- Building names
- Landmarks

Save your address on your phone. Keep it near your phone at home.

Teach children and older adults how to say their address.

4. Keep important information together



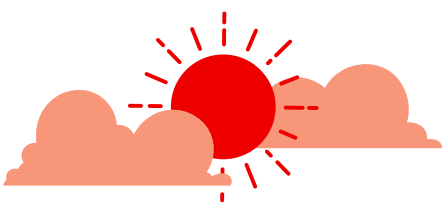
Have key health and safety information ready.

- Address
- Dates of birth
- Health card numbers
- Medical conditions
- Allergies
- Medicines and dosages
- Doctors’ names and phone numbers

Save emergency numbers in your phone.

Medical condition? Wear a medical ID if needed.

2. Know the risks nearby



Learn what emergencies can happen in your community.

- Floods
- Storms
- Extreme heat
- Wildfires
- Winter weather

Knowing local risks helps you make an emergency plan

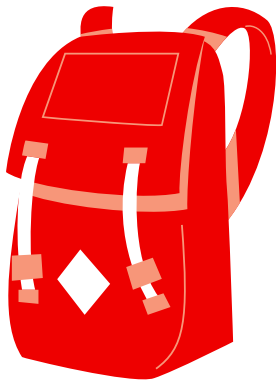
5. Teach your family how to call for help



Make sure everyone knows what to do.

- Teach children how to call 911 or the local emergency number
- Teach older adults too
- Practise what to say
- Teach your home address
- Keep instructions simple

7. Prepare an emergency kit



Keep basic supplies ready.

- Keep one at home
- Keep a smaller one in your car
- Keep one in a backpack or workplace

Reminder

- Make it easy to find.
- Make sure your family knows where it is.
- Check it often. Replace used or expired items.

3. Keep emergency contacts ready



Save important phone numbers now.

- Trusted family member
- Friend or neighbour
- Doctor or clinic
- Workplace contact
- Child’s school or daycare

Keep a printed copy at home too.

6. Learn first aid



First aid training helps you act with confidence.

- Check if a scene is safe
- Call for help
- Give CPR
- Use an AED
- Help someone who is choking
- Control bleeding
- Care for burns
- Help after a fall
- Care for common injuries

No medical background needed.

8. Download the First Aid App



- Keep simple first aid tips on your phone.
- Free to use
- Step-by-step tips
- Helps with common emergencies
- Available on Apple and Android

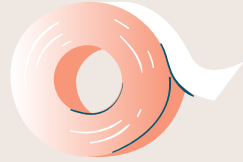
Basic First Aid Kit



Bandages



Gauze



Medical tape



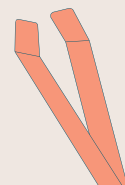
Gloves



Antiseptic wipes



Scissors



Tweezers



Cold pack



Emergency blanket

Confident to act. Knowledge to respond.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:
myrc.redcross.ca | 1.877.356.3226 | redcross.ca/apps