



News Release

Novato Emergency Management
*A Partnership of the City of Novato
& Novato Fire District*

For Immediate Release:

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ARE YOU READY TO GIVE FIRST AID WHILE WAITING FOR HELP?

Monthly emergency-preparedness tip from the City of Novato & Novato Fire

This month's tip is to **be prepared to give first aid while waiting for first responders.**

An emergency can happen at any time and any place. Many public places have a first aid kit, oxygen, or an AED (automated external defibrillator) to treat people. These items can only save lives if someone knows how to use them. Actions you take in the first few minutes after an injury or other medical incident may save someone's life.

Below is a list of things you can do to prepare for a disaster. Choose at least one, and complete it:

- [Know what to do while waiting for an ambulance to arrive.](#)
- [Make or buy first aid kits for your home and car.](#)
- [Get training in first aid, CPR, AED, or pet first aid.](#)

Get the details [here](#) or check out the [video](#).

Novato and Marin County residents:

Please **register your phone numbers and e-mail addresses** at www.alertmarin.org. This will allow you to receive public safety alerts by phone, text and e-mail for your neighborhood, even when you are not home.

To ensure you receive emergency messages and information from both the Novato Police and Fire Departments, register with www.nixle.com. This free service will promptly deliver timely info to your e-mail and smart devices.

Check out our free, two-hour preparedness course *Get Ready* - by calling the Novato Police Department at 415-897-4361 as well as Community Emergency Response Team (CERT) training - which is an 18-hour course that takes you beyond the basics offered in *Get Ready*. For more information, go to www.readymarin.org.

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