

In 95% of all Emergencies, the victim or bystander provides the first immediate assistance on the scene.

WOULD YOU KNOW WHAT TO DO?



LEARN THE SKILLS YOU NEED AT THE COMMUNITY EMERGENCY PREPAREDNESS CLASS CREF # [2316EMI146](#) (Click here to register)

Learn skills to help take care of yourself, family, neighbors and others in the event of an emergency through the free, training in Community Emergency Preparedness.

Topics include:

- Family and Workplace Preparedness
- Disaster Psychology
- Fire Safety
- Search & Rescue/disaster triage
- Incident Command Systems
- First Aid/CPR (certification from the American Heart Association)
- Safety Strategies Involved in a Terrorist Incident

**Fri. Oct 23rd 6pm-8:30pm. & Sat. Oct 24th & Sat. Oct 31st 8am-5pm at
Epping Fire Dept 37 Pleasant St Epping 03042**

Contact Nancy Parker 603-793-0786 npccmrc@hotmail.com to register.



Seacoast Medical Reserve Corps is a program of the Seacoast Public Health Region, www.seacoastphr.org, serving the communities of Brentwood, East Kingston, Epping, Exeter, Fremont, Greenland, Hampton, Hampton Falls, Kensington, Kingston, New Castle, Newfields, Newington, Newmarket, Newton, Nottingham, North Hampton, Portsmouth, Raymond, Rye, Seabrook, South Hampton, and Stratham. It is an affiliate of the national Citizen Corps, Community Emergency Response Team and Medical Reserve Corps programs.