



# #UntilHelpArrives

Trauma is the leading cause of death for Americans under age 46.

You are the help until help arrives. Join us for a program designed to educate and empower you to take action in emergencies and provide lifesaving care before professional help arrives.

This program helps you to take these five steps in situations when someone may have a life-threatening injury:

- Call 9-1-1
- Protect the injured from harm
- Stop bleeding
- Position the injured so they can breathe
- Provide comfort

**Come join us on September 17.**

**DeLand Regional Library**

130 E. Howry Ave.  
DeLand, FL 32724

To register visit [volusialibrary.org](http://volusialibrary.org)

For more information, please contact:  
Susan Skinner, MRC coordinator @ [www.mrcvolusia.com](http://www.mrcvolusia.com) or 386-281-7909.