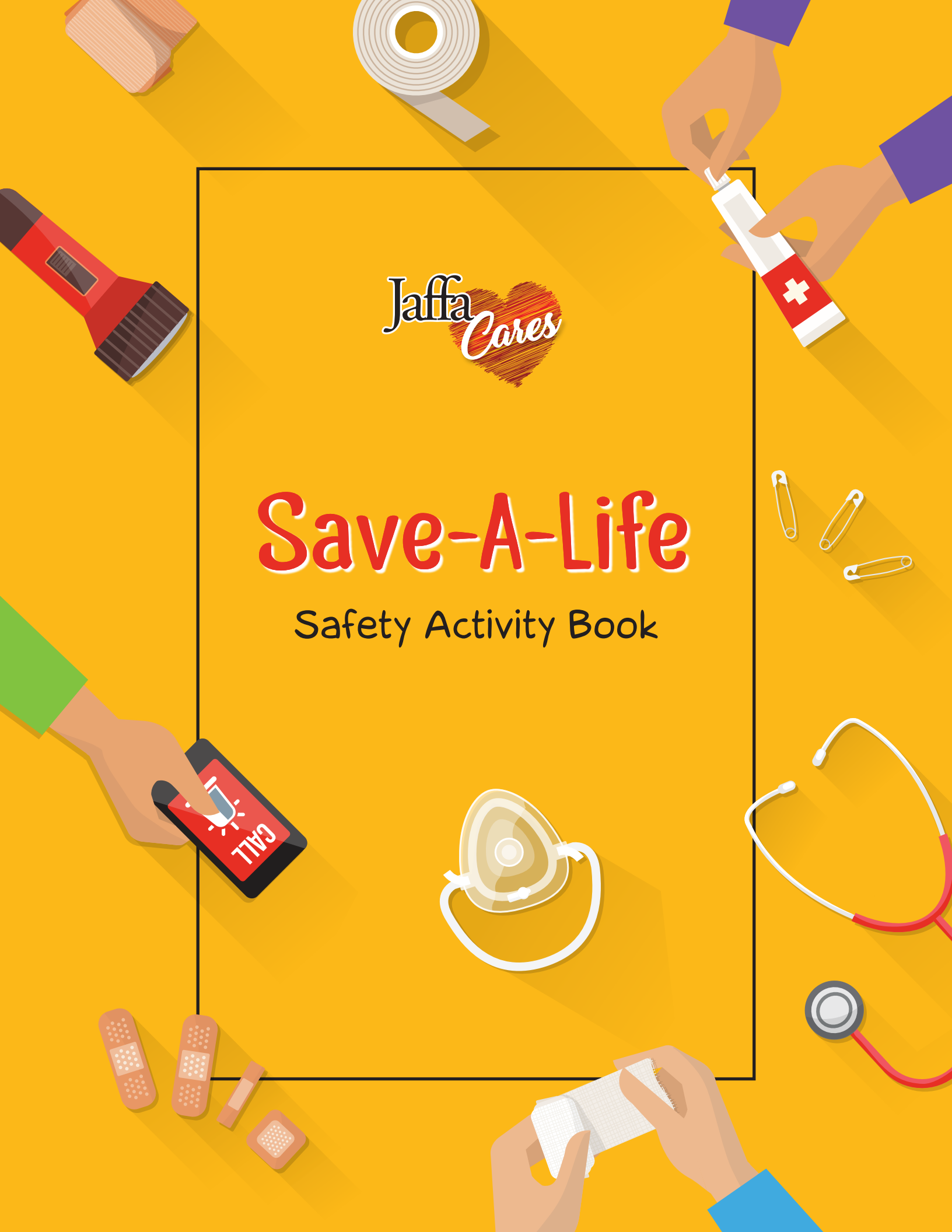




# Save-A-Life

Safety Activity Book





## Save-A-Life

ALWAYS CALL 911 IN AN EMERGENCY



REMEMBER, NEVER CALL 911 FOR FUN OR A PRANK.



## Save-A-Life

FILL OUT THE BELOW INFORMATION AND  
HANG IN AN EASY TO SEE PLACE.

When calling 911 It's important to know all the information  
they'll need to get help to you quickly!

My phone number is:

---

My address is:

---

If at school or other location

My current phone number is:

---

My current address is:

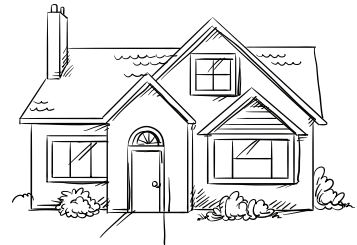
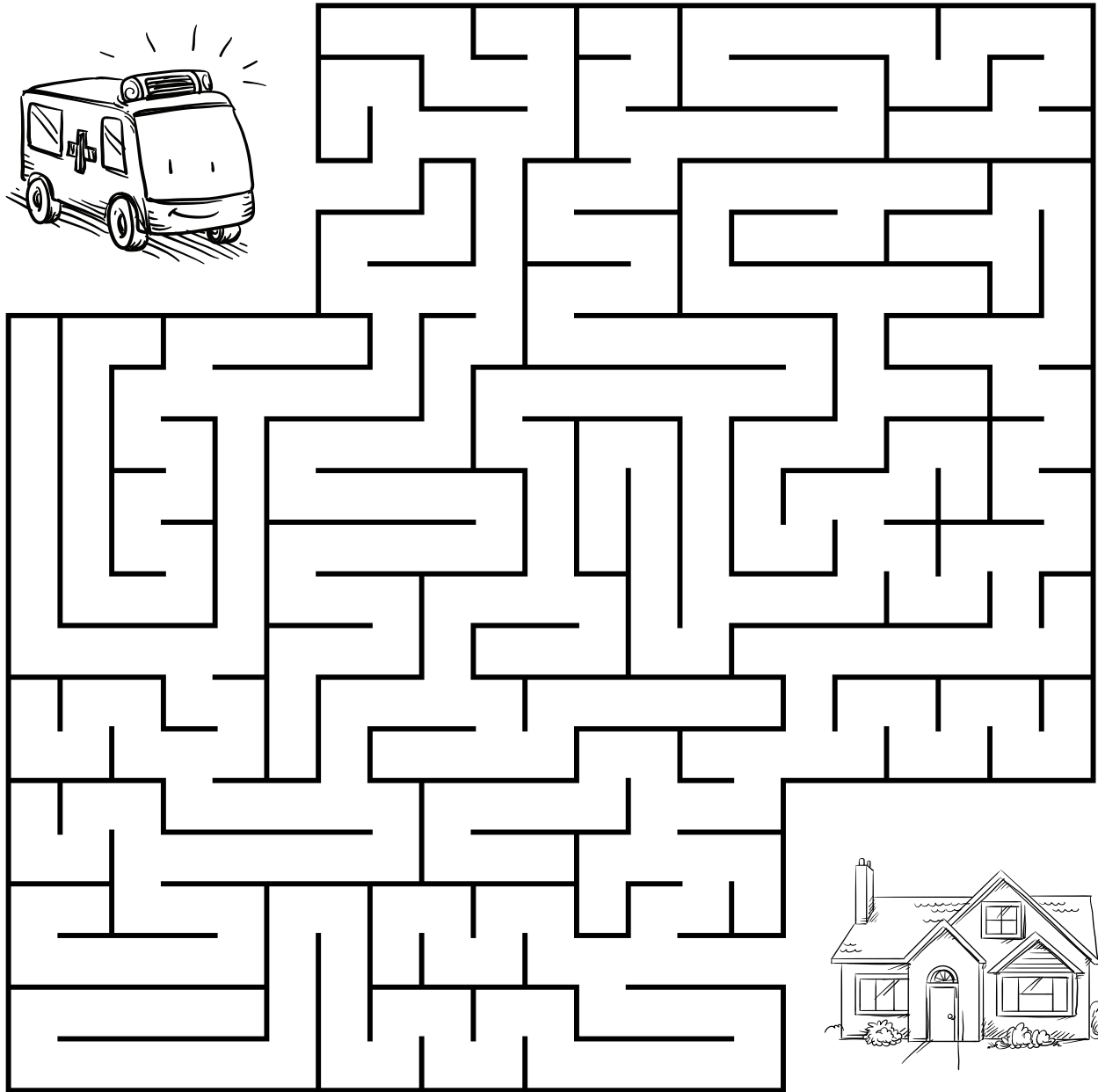
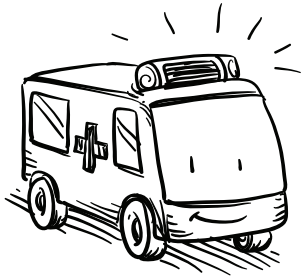
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## Save-A-Life

HELP THE AMBULANCE ARRIVE QUICKLY  
AT THE PLACE OF EMERGENCY



REMEMBER, SPEAK CLEARLY & CALMLY.

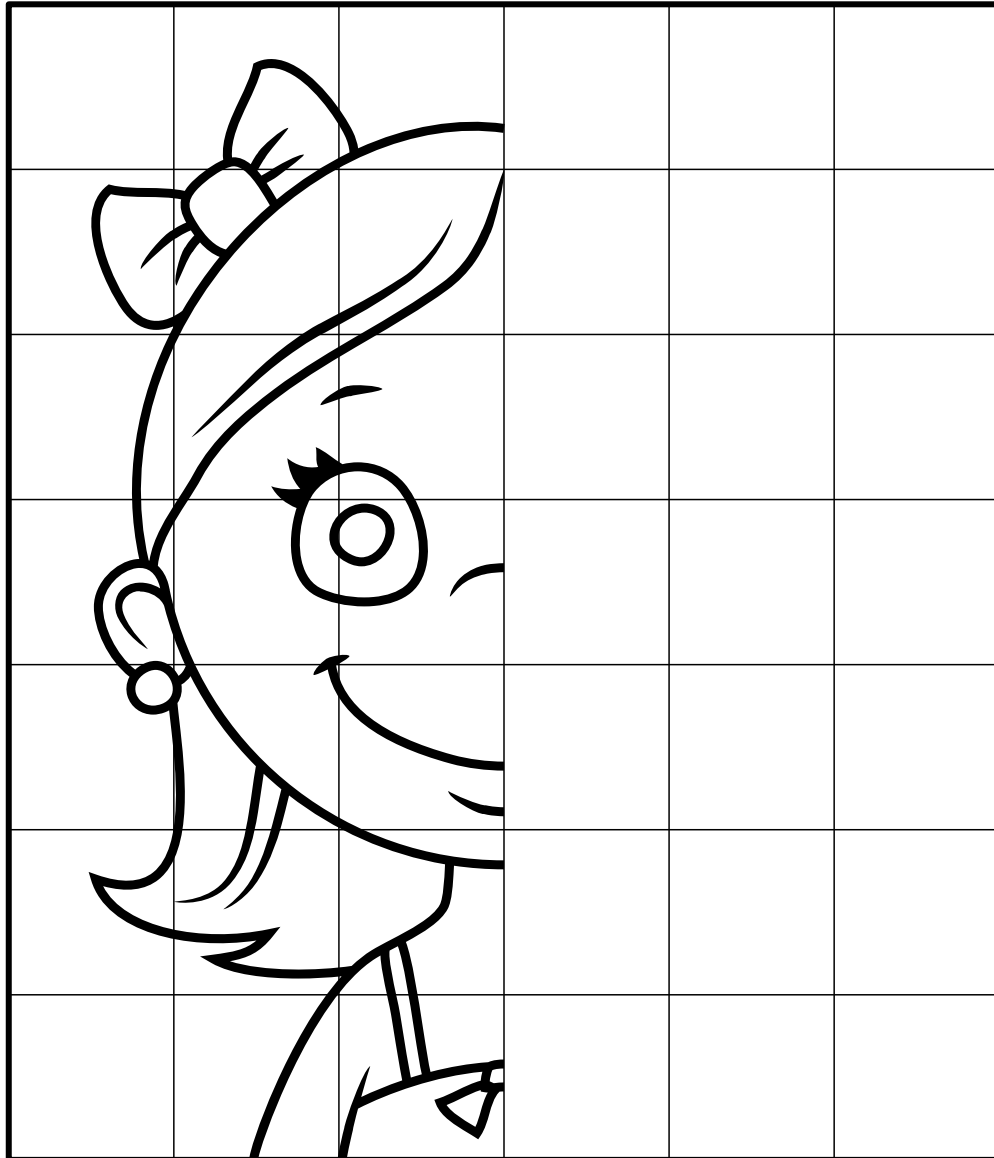
Always make sure to give over all the needed information to the 911 dispatcher so that the ambulance can arrive as quickly as possible.



## Save-A-Life

THE #1 RULE IN AN EMERGENCY IS TO STAY CALM!

Use the grid below to finish drawing the calm girl



### HERE'S HOW YOU CAN STAY CALM IN AN EMERGENCY

🧶 COUNT TO 10

🧶 SLOW DOWN BREATHING

- Breathe in for the count of three,
- Hold your breath for the count of three
- Breathe out for the count of three.

🧶 Breathe in & out slowly while repeating the word "Relax" several times.

🧶 Take long, deep breaths that feel like they are filling the belly instead of the lungs.

🧶 Tell the body you're calm & the mind will follow.



## Save-A-Life

### STAYING SAFE DURING THE CORONAVIRUS EPIDEMIC

We're all living in scary times, but you can help keep you & your family healthy. Wash your hands frequently with soap & water for at least 20 seconds & practice social distancing.



V	I	R	U	S	D	O	W	G	M
X	Z	S	F	A	I	H	A	L	D
H	O	T	A	N	S	D	S	O	C
Y	H	A	C	I	T	I	H	V	G
G	E	Y	E	T	A	S	H	E	E
I	A	H	M	I	N	E	A	S	R
E	L	O	A	Z	C	A	N	S	M
N	T	M	S	E	I	S	D	O	S
E	H	E	K	R	N	E	S	A	D
Z	H	D	O	T	G	K	D	P	E



DISTANCING  
DISEASE  
FACE MASK  
HEALTH

WASH HANDS  
GERMS  
SANITIZER  
GLOVES

VIRUS  
STAY HOME  
HYGIENE  
SOAP

This activity book is a project of the JaffaCares program and is based on the Save-a-Life project, which teaches essential lifesaving skills to kids as young as primary. For more info about the SAVE-A-LIFE program, you can contact Leah Krausz at 877-973-3824 / [lkrausz@vaadrefuah.org](mailto:lkrausz@vaadrefuah.org)

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