

## Be informed

### Learn what to do in an emergency

Being informed is knowing what may happen and how you can help.

- Learn what disasters or emergencies could occur where you live, work and play.
- Identify how local authorities will notify you during a disaster and how you'll get important information, whether through local radio, TV or NOAA Weather Radio.
- Make sure at least one person in your household is trained in first aid and CPR and knows how to use an automated external defibrillator, or AED.
- Contact the American Red Cross of Greater Indianapolis or your county emergency management agency to learn more about training and volunteer opportunities to help prepare yourself and your community for disasters and other emergencies.
- Share what you learn with family and neighbors. Encourage them to **Be Red Cross Ready**, too.

### Train and volunteer

- **American Red Cross Training:** Enhance your preparedness for disasters and other emergencies by taking a Red Cross CPR or first-aid course. Go to [indyredcross.org](http://indyredcross.org) for more information.
- **Become a Red Cross Volunteer:** If you or your organization wants to get more involved in responding to disasters in your community, call (317) 684-1441 or go to [www.indyredcross.org](http://www.indyredcross.org) to learn more about individual or group volunteer opportunities in central Indiana.
- **CERT Training:** The Community Emergency Response Team (CERT) program helps train people to be better prepared to respond to emergency situations in their communities. Contact your local emergency management agency for more information on how you can become a CERT volunteer.

