



Did you know that trauma is the leading cause of death for Americans under the age of 46? *You Are the Help Until Help Arrives (Until Help Arrives)* is a new program dedicated to educating and empowering the public to take action and provide lifesaving care before professional help arrives. This program encourages the public to take these five steps in situations where someone may have a life-threatening injury due to trauma:

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

The program includes an interactive video, a 25-minute web-based training course explaining the steps people can take to help someone with life-threatening injuries, and materials for a hands-on, instructor-led training course that can be used to provide in-person training to communities across the country.

Please visit [www.ready.gov/untilhelparrives](http://www.ready.gov/untilhelparrives), learn more about these five simple steps, and share this critical information with others.

This program is the result of interagency collaboration led by the Federal Emergency Management Agency's (FEMA) Individual and Community Preparedness Division in cooperation with the U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response (ASPR), the Medical Reserve Corps (MRC), and the Uniformed Services University's (USU) National Center for Disaster Medicine and Public Health (NCDMPH). The original research supporting the curriculum comes from the Centers for Disease Control and Prevention (CDC).

