

# PROTECTING THE HEALTH OF YOUR FRIENDS & FAMILY

Protecting the health of your friends, family, and community is important, especially during a disaster. By volunteering with your friends to help people stay healthy every day and also be more prepared for disasters, you can keep your whole community safer while meeting new people.



## Things You Can Do:



**Throw a block party** with your friends so neighbors can get to know each other better.



**Connect online** by creating a neighborhood Facebook group where people can share news, emergency info, or fun events!



**Get certified** in CPR, first aid, or in more specific health areas like bystander preparedness.



**Volunteer with local nonprofits** like 4-H, Junior Medical Reserve Corps, or HOSA Future Health Professionals, that work on improving community healthy.



**Create a neighborhood digital directory** with your friends that can be shared with neighbors so you can text one another, not only during a disaster but also every day.



**Make a map** of health resources in your town, like hospitals, pharmacies, and fire stations so you can share it online and at your local library or community center.



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