

# Learn to Help - “Until Help Arrives”



## How would you respond if faced with an emergency?

This FREE 2-hour course provided by the Southwest Virginia Medical Reserve Corps will empower citizens Age 16 + to:

- Become actively involved in helping someone with an injury
- Learn to stop bleeding
- Use appropriate actions to comfort victims at the scene of a crisis
- When to call 9-1-1 & What to tell 9-1-1
- And recognizing the need for more training and volunteer service

## FREE training to manage and help with:

- Bleeding
- Recovery Position
- Providing comfort care and
- What to tell EMS when they arrive on scene
- How to remain safe on-scene

**Wednesday, September 20<sup>th</sup> @ 6:00 p.m.**  
**MECC/Phillips-Taylor Hall, Room 117**  
**Taught by Lena Whisenhunt, F.N.P.**  
**To register: [swva.mrc@gmail.com](mailto:swva.mrc@gmail.com) or**  
**call 276-274-0555**

Questions???

Contact Kristina Morris, Unit Coordinator  
Phone/Text - 276-274-0555 or [swva.mrc@gmail.com](mailto:swva.mrc@gmail.com)

