



You Are the Help Until Help Arrives

Frequently Asked Questions

1. *Who developed this program?*

This program is the result of interagency collaboration spearheaded by the U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness ([ASPR](#)) and its the Medical Reserve Corps ([MRC](#)), the Uniformed Services University's ([USU](#)) National Center for Disaster Medicine and Public Health ([NCDMPH](#)), and the Federal Emergency Management Agency's ([FEMA](#)) Individual and Community Preparedness Division. Original research supporting this program comes from the U.S. Centers for Disease Control and Prevention (CDC).

2. *Why should the public get involved when someone is badly injured?*

According to a recent [National Academy of Sciences report](#), trauma is the leading cause of death for Americans under age 46. The National Academy of Sciences defines trauma as “a disabling or life-threatening physical injury that results from an event such as a motor vehicle crash, gun violence, or fall.”

Life-threatening injuries require immediate action. A delay between injury and the initiation of care could result in death. On average, it takes six to nine minutes for professional help to arrive, and it could take up to 20 minutes or more in rural areas.¹

People nearest to someone with life-threatening injuries are in the best position to provide first care. First care focuses on five essential actions: 1) calling 9-1-1; 2) moving someone away from ongoing danger; 3) stopping life-threatening bleeding; 4) positioning the injured so they can breathe; and 5) providing comfort. First care can contribute to saving a life.

Research from the CDC demonstrated that people hesitate to act when they feel they do not know what to do or are afraid they may make the situation worse. However, the actions most likely to save lives are simple and require no special skills or equipment.

3. *What are people being asked to do?*

Be the help until help arrives! The lives of the injured lay in the hands of people nearby who can initiate first care. Take these five actions:

1. Call 9-1-1 and provide your specific location.
2. Stay safe by protecting the injured from harm and moving them away from any ongoing danger.
3. Stop the bleeding with firm, direct pressure or a tourniquet.
4. Position the injured: Let someone who is conscious position themselves; put an unconscious person into the recovery position.
5. Provide comfort to the injured while keeping them warm and offering encouragement.

For more information or to download training materials, visit ready.gov/untillhelparrives.

¹ [Exported from NEMSIS data cube 3/22/2012 \(years 2010 & 2011\)](#)