Reminder Sheet

American Red Cross

EVERY MONTH

❏ Test smoke alarm batteries.

EVERY THREE MONTHS

❏ Review your First Aid/CPR/AED skills at our online refresher center.

EVERY 56 DAYS

❏ Donate blood (see redcrossblood.org for additional qualifications and information). Note: Blood (whole blood) can be donated every 56 days. Platelets can be donated every 7 days, up to 24 times per year.

TWICE A YEAR

❏ Practice your home fire family escape plan.

❏ Turn and Test! Test/replace smoke alarm batteries and turn your clocks an hour ahead or behind.

❏ Check and restock if needed your emergency kit's food, water, and medicine supply.

EVERY TWO YEARS

❏ Take a First Aid/CPR/AED course to keep your certification current.

EVERY 10 YEARS

❏ Replace smoke alarms.