

Medic

(1) Assemble your own first-aid kit. Be able to describe how each part is used.	Set a reminder on your phone or calendar to check on any equipment expiration dates every 6 months.
(2) Complete a general first-aid course and earn your certification.	The Red Cross offers first-aid courses that are just a few hours long; other courses may be offered on college campuses or at community centers.
(3) Complete a NARCAN training course.	NARCAN courses teach you to recognize the signs of opioid overdose and how to administer Naloxone, an overdose reversal drug that is available over-the-counter.
(4) Complete a basic CPR course and earn your certification.	Some first-aid courses include CPR in their curriculum, so you may learn this skill earlier than expected.
(5) Complete lifeguard, outdoor emergency care, or similar specialized emergency response training.	Choose an area of special interest that might apply to your own life and activities.