



Play it safe.

Your family doesn't just get care from a doctor. Some of your care probably happens at home—and it can involve more than just thermometers, bandages, and ice packs. So be on the safe side and learn first aid, which includes:

- How to perform [CPR](#).
- What to do if someone's choking ([choking rescue procedure](#), also known as the Heimlich maneuver).
- What to stock in your [home first aid kit](#).

Visit kp.org/homesafety (en [español](#)) for more information and safety tips.

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