

Until Help Arrives

Until Help Arrives (UHA) is a course developed by federal agencies including the Centers for Disease Control and prevention (CDC), the Federal Emergency Management Agency (FEMA), the U.S. Department of Health and Human Services office of the Assistant Secretary for Preparedness and Response (ASPR) and Medical Reserve Corps (MRC), and others. [You Are the Help Until Help Arrives \(fema.gov\)](https://www.fema.gov)

The course is designed to teach participants basic skills to keep victims with life threatening injuries from incidents such as car accidents, natural disasters, active shooters, and other injuries alive until professional help arrives to provide care.

The course will teach participants to

- Communicate with 9-1-1 operators effectively
- Act to protect the injured from further harm
- Position the injured
- Stop life-threatening bleeding
- Provide emotional support

Until Help Arrives is a 3-hour course for individuals with limited or no first aid training. It calls on lay persons with no medical or emergency training to take action before the trained professionals arrive.

The lesson plans provided for the middle school Discover Your Future course are pulled from the UHA course. If you would like to offer the full UHA course to your students, there are resources available in the resource file for you to implement the training which includes a certificate of completion. Please contact the UHA program for further information on how to implement the course.