

## **Cardiopulmonary Resuscitation (CPR) Awareness Month!!!**

Anyone can learn CPR and everyone should! 88% of cardiac arrests happen at home – **meaning the life you save with CPR is most likely to be someone you love.** CPR is an emergency procedure that is used to restore blood flow to someone who is having cardiac arrest. Without proper blood flow, the brain and organs can be seriously damaged. CPR can help maintain blood flow and ventilation for a short period of time in a person experiencing a cardiac arrest.

If you witness someone having a collapse and is unresponsive:

### **Step 1: Call 9-1-1**

### **Step 2: Call for an AED (if one is available)**

An Automated External Defibrillator (AED) is a device used to get a heart back to its natural rhythms by delivering an electric shock to the heart during a cardiac arrest.

### **Step 3: Push hard and fast in the center of the chest**

Do not hesitate. Keep pushing until the person starts to breathe normally, without gasping. Use the AED as soon as it arrives by turning it on and following the prompts. Do not stop until someone with more advanced medical training takes over.