



Take Charge of Your Health



Know the signs
of a heart attack



Visit your family
practitioner and
get a check-up



Live healthier by trying
new heart-healthy
recipes and exercises



Learn CPR

- ♥ Watch the Hands-Only CPR video and share it on social media with 5 friends – one minute can save a life.
- ♥ Find an Instructor-led CPR course near you.
- ♥ Give a CPR Anytime Infant kit to a new parent or grandparent in your life.
- ♥ Organize a CPR training session within your community.



Advocate

- ♥ Go to [YouAreTheCure.org](https://www.YouAreTheCure.org) and Pledge your Support.
- ♥ Approach a local business to purchase a CPR in Schools Training Kit for your child's school or purchase an Automated External Defibrillator (AED) for a school or community center.
- ♥ Host a fundraiser to purchase CPR Anytime Kits or AEDs for an organization in your community.



Social Media

- ♥ Post the CPR Week Image as your X or Facebook profile picture from June 1-7.
- ♥ Post a photo of you and your family on Instagram using the tags [#CPRwithHeart](https://www.instagram.com/explore/tags/CPRwithHeart/).
- ♥ Honor a survivor of cardiac arrest on Facebook by linking to the [Hands-Only CPR](#) video.
- ♥ "Like" the AHA CPR First Aid Facebook page, [@AHACPR](#) and X page, [@HeartCPR](#).
- ♥ Recognize someone who has saved a life as a [Heartsaver Hero](#).





♥ Why Learn Hands-Only CPR?

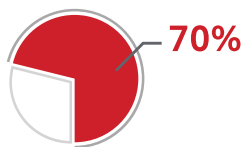
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

♥ Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



Over **70 percent** of out-of-hospital cardiac arrests happen in homes.



Only about 40% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:



Call 911 if you see a teen or adult suddenly collapse.



Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

♥ Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

♥ Music Can Save Lives

Song examples include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira” or “Walk the Line” by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at heart.org/CPR.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

