

## KEY MESSAGES FOR COMMUNITY OUTREACH

### WHAT IS BYSTANDER CPR?

- CPR done by a friend, family member, or anyone who can help if someone collapses and is unresponsive
- Life-saving knowledge that everyone needs to know

### WHAT IS HANDS-ONLY CPR?

- CPR that focuses on immediate chest compressions, and **does not include mouth-to-mouth breaths**
- This simpler technique reduces barriers to training. It is easier to remember (compared to the previous approach of teaching rescue breaths) and emphasizes that you can save a life with very basic knowledge and skills
- Hands-only CPR has been proven to be **as effective** as conventional CPR in treating adult cardiac arrest victims.
- The American Heart Association has recommended hands-only CPR for adults since 2008

### BYSTANDER CPR is CRUCIAL to SURVIVAL

- Starting CPR immediately is one of the most critical factors in whether someone survives. **Don't wait until the ambulance arrives.** For every minute that passes without CPR, survival decreases by 10%.
- Immediate bystander CPR doubles or triples the chances of survival.
- Almost 80% of sudden cardiac arrests happen at home and are witnessed by a loved one. By knowing CPR, you could help save your loved one's life.

### SUDDEN CARDIAC ARREST CAN HAPPEN to ANYONE, ANYTIME, ANYWHERE

- More than 350,000 Americans die each year from SCA, which is more than lung cancer, breast cancer, prostate cancer, and AIDS **combined**.
- It is not just something that affects elderly or sick people. More than 2,000 young people (under 25) die each year. Many victims appear healthy and have no known risk factors.
- Sudden Cardiac Arrest is different from a heart attack. SCA stops the heart due to an electrical problem, and the person loses consciousness and has no pulse. A heart attack is caused by a block in the blood supply to the heart muscle. A heart attack may cause SCA, but they are not the same.

### OVERCOMING FEAR FACTOR:

- You can't hurt the victim. Your actions can only help!
- You are legally protected by the Good Samaritan Act.

For additional CPR training, please contact your local American Red Cross or American Heart Association.