



Do You Live In A HeartSafe Community?



**CONTRA COSTA
HEALTH SERVICES**

**Contra Costa County Emergency Medical Services
1340 Arnold Drive, Suite 126
Martinez CA 94553
(925) 646-4690**

If someone in your community suffers a sudden cardiac arrest today, how likely is he or she to survive?



**Will you, or someone else, recognize the signs of cardiac arrest and call 9-1-1 immediately?
The 9-1-1 dispatcher will need to know the nature of your call—
so be prepared to answer the dispatchers questions.**

Who in your community knows and is prepared to give CPR? Are you?

**Do you know what an Automated External Defibrillator (AED) is?
AEDs deliver a shock that can sometimes restore the heart to a normal rhythm.
If an AED is available will you be prepared to use it?**

**Your 9-1-1 call starts an advanced life support response
on the way to your emergency — care that they deliver
can be critical to the survival of cardiac patients.**

So how can you help? *Learn CPR!*

For a class near you – www.cccems.org or heart.org