Do You Live In A HeartSafe Community?

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 dispatcher’s 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