

Hands Only CPR



Step 1 **Call 9-1-1**

Step 2 Push hard & fast in the center of the chest



Learn more about heart emergencies and the *HeartSafe* Community campaign at www.cchealth.org/ems/heartsafe.php or by scanning the image below with your smartphone.

Act in Time

QUICK REFERENCE

HeartSafe



Community

Contra Costa EMS

KNOW THE SIGNS

Cardiac Arrest

If someone collapses and is:

Not responding

Not breathing

Call 9-1-1

Act in Time

Begin Hands Only CPR;

Use an AED as soon as one arrives.

KNOW THE SIGNS

Heart Attack

If someone experiences:

Chest discomfort

Arm, back, neck or jaw pain

Shortness of breath

Sweating, nausea, lightheadedness

Call 9-1-1

Act in Time

KNOW THE SIGNS

Stroke

If someone experiences sudden:

Trouble walking

Weakness on one side

Trouble seeing

Trouble speaking

Act in Time