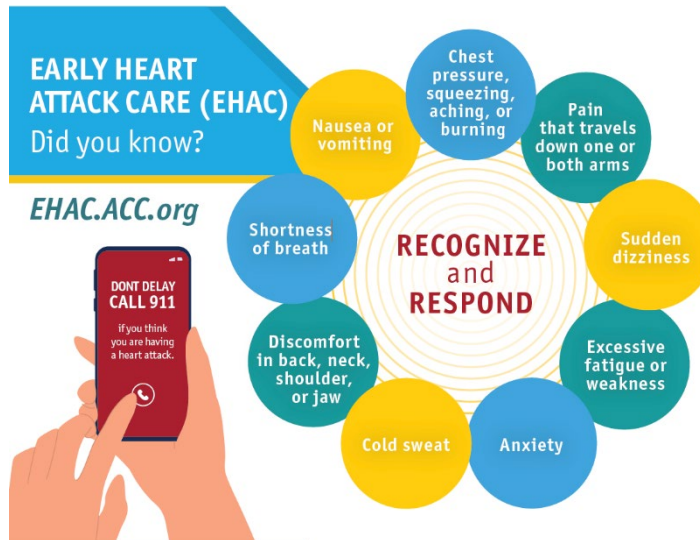


Early Heart Attack Care (EHAC) Quick Training

Training your community: If you are training your community, you might not have a lot of time with your audience. Here is a quick training guide for health fairs, school groups, etc.

1. Communicate the three main educational points:

- a. Heart attacks have beginnings. Symptoms can begin about two weeks prior to a major event. This is the window of opportunity to prevent death and minimize heart damage.



- b. Every year, approximately 735,000 Americans have a heart attack.
- c. If you suspect someone is having a heart attack, get them to medical care as soon as possible.

2. Share the early signs and symptoms in the graphic.

3. Administer the EHAC pledge to the audience.

I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath and/ or arm pain, and weakness. These may occur hours or weeks before the actual heart attack. I solemnly swear that if it happens to me or anyone I know, I will call 9-1-1 and activate our Emergency Medical Services.

4. Hand out the “Heart Attacks Have Beginnings” badge to the new deputies.
5. Congratulate them on saving a life!

If you registered your deputies at your event, complete the EHAC Registration Form and submit it to us at community@acc.org so they are included in the EHAC count!