

# Healthy Heart Schools' Program

## CPR Day



Learn how to:

**Recognize the signs and symptoms of a heart attack and stroke**

**Check your surroundings, the victim and call 9-1-1 for help**

**Manage choking emergencies and stay calm**

**Perform adult and child CPR**

**Locate your AED and why it is important**



### **Bottom Line:**

Don't be afraid to react!  
At the very least, call 9-1-1 for help.  
You CAN save a life.

### **Important Info:**

You will receive a CPR Heart Saver  
Level A Certification card.  
This certification is good for 2 years.  
The skills you learn could be helpful when  
babysitting, around your own family  
or even just walking down the street.



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CPR - Minutes Count



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