



Every Second Counts in Cardiac Arrest



CPR week is June 1-7 | To learn more, visit heart.org/handsonlycpr | #CPRwithHeart

From: Montoursville Area School Nurses

To: Students

Subject: Take 90 Seconds to Join the next Generation of Heartsavers!

It's National CPR & AED Awareness Week! Learn Two Steps to Save a Life with Hands-Only CPR.

Join a Nation of Heartsavers™ on June 1-7 for National CPR and AED Awareness Week.

Did you know that 70 percent of out-of-hospital cardiac arrests happen in homes? Statistically speaking, if you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a parent, a sibling or a friend.

CPR if performed, increases a person's chance of survival by double or even triple. Students play an integral part in increasing survival from cardiac arrest. We are asking all students to please take 90 seconds of your day to learn the lifesaving skills of Hands-Only CPR. We are pleased to support the American Heart Association and its important mission to increase survival from cardiac arrest.

In just 90 seconds, you can learn the two simple steps to Hands-Only CPR. Click below to watch the [Hands-Only CPR video](#) and share the [Hands-Only CPR resources](#) with your students and community.



Please watch the video any day June 1-7. Then, share this important [link](#) with family and friends and tag us on your posts on Facebook, ([@AHACPR](#)) and Twitter ([@HeartCPR](#)) using the hashtag, [#CPRWithHeart](#). We would like 100% student participation.

Thank you for joining the next Generation of Heartsavers™ today!